EDUCATION WEEK ACTIVITIES

YEARS 3/4
For Education Week, the Year 3/4s read a story book called The Wrong Book by Nick Bland. The book was part of National Stimulus Reading Day collection. Students then drew a picture of a character they would have liked to have been in the story. Each student was able to use expression to share their drawing and combined their creations to make a class version of The Wrong Book by Grade 3/4s. Students really enjoyed sharing their characters with one another.

YEAR 8
Year 8 students enjoyed all things Japanese during yesterday’s Japan Day celebrations.

SECONDARY CAMPUS
SCHOOL SERVICE
Tom Morrish & Lockie McCormack

Monday ◊ Free dress day  ◊ Main day for jobs  ◊ No student will miss English or Math classes.
Tuesday - Friday ◊ Empty bins (during afternoon Home Group time) ◊ No classes will be missed.

YEAR 10 ADVANCE:
ENVIRONMENTAL AWARENESS RIDE
◆ Monday, June 10th (Queen’s Birthday weekend)
◆ Blackburn Park—Patchewollock
◆ Registrations—9:30 am
◆ Ride begins at 10 am
◆ 100 km, 50 km & 25 km events
◆ BBQ provided
◆ Subject to approval

PARENTS ASSOCIATION MEETING: June 11th (Tuesday after Queen’s Birthday weekend) 7pm, Primary Campus
Dear Netballers and Netball Families,
This year marks the 10th anniversary of NetSetGo at our Club. It seems fitting to celebrate this milestone with a birthday/anniversary party. We would like to have as many girls as possible join us for the celebrations paying tribute to the skills you have acquired and the many games of netball you have played since.

There will be the opportunity for the older girls to participate in activities and games with younger and beginning players as well as share in the party spirit. If you have any photos or video footage of you as a NetSetGoer, please pass them to Mrs Morrish or Mrs Grace so that a display can be made. Please come and join us!

YEAR 5/6 CLUSTER POLYCOM SESSIONS

This term, the Year 5 and 6 students from the Mallee Cluster have started a collaborative program using the Polycom. The main objective is for staff and students to become more collaborative across the cluster. Schools from around the area including Robinvale P-12, Murrayville Community College, Werrimull P-12, Tyrrell College, Manangatang P-12 and Ouyen P-12 College have all joined in.

This morning was our first session and it was an astounding success. It was great for all of the students to connect with other schools in the area and listen to them. This morning’s session was a meet and greet where all the students were given a chance to give the other schools information about their towns and school. There was then a chance for questions and answers.

The students did a fantastic job and we are all looking forward to continuing the process with our next meeting. After that we will be breaking into smaller groups for discussions about BTN videos using the Ultranet.

The Polycom session this morning was really fun because we learnt so much about the other schools and I knew a few of them – Reece.

The Polycom session this morning was really cool because there were other schools chatting about what kinds of things they played and liked – Chloe.

The Polycom session this morning was a very cool thing and now I know what some of the other schools are like. It was great technology to use and learn from – Jasmine.

The Polycom session this morning was exciting because we got to talk to other students and got to learn more about other towns – Lily.

This morning’s Polycom session was great to participate in because we got to find out interesting things. It was my first time using the Polycom and I thought it was a great idea – Kaitlin.

NetSetGo Girls of the past 10 Years

Join us on
May 30th
at
Ouyen United Football Netball Club courts
between
3:45pm – 5:00pm

Bring any photos or memorabilia to share.
STUDENT OF THE WEEK:
PREP:   Seanna Chalmers
YEAR 1:   Ethan Coe
YEAR 2:   Savanna Arnold-Rickard
YEAR 3:  Lilly Cattanach
YEAR 4:  Ella Hastings
YEAR 5:  Abbey Latta
YEAR 6:  Gemma French

PRIMARY CAMPUS AWARDS
STUDENT AWARD:  Drew Latta for volunteering to help clean up
TIDY ROOM AWARD:  Year 1
ATTENDANCE BEAR:  Year 5

THOUGHT FOR THE WEEK:
Just trust yourself then you will know how to live.
Johann Wolfgang von Goethe

PRIMARY CAMPUS NEWS

PREP:
For Education Week the preps celebrated by singing 5 Little Monkeys and Happy Hippopotamus to our parents. We then talked to our parents about what jobs they had and drew a picture of our mum or dad or someone special at their work. It was great having parents in because they were able to help us draw tricky things like trackers.
We all had a great time and hope to be able to have guests into our room again soon.
Thank you to everyone that came along and if you missed out feel free to drop in anytime.
Kate Byrne & Preps.

YEAR 6:
Year 6 students enjoyed their visitors during Thursday's Open Day at the Primary Campus.

THOUGHT FOR THE WEEK:
May 26th—Brooklyn Treloar
May 27th—Kylie Leviston
May 28th—John Shine

Happy Birthday
May 26th—Brooklyn Treloar
May 27th—Kylie Leviston
May 28th—John Shine
UPCOMING EVENTS:
⇒ Tuesday, June 4th - Regional Cross Country, St Arnaud - must finish in top ten to qualify for this event - 9:30am
⇒ Wednesday, June 5th - Lightning Premierships, Blackburn Park - selected football & netball teams - 10am

UNDERBOOL CROSS COUNTRY:
CONGRATULATIONS to all students who competed in the Underbool cross country on Friday, May 17th.
Cooler conditions greeted the runners and many students took advantage of the conditions and improved their times dramatically.
The competition in the races was fierce with runners showing great determination to secure a place in the team to represent the school at the Sunraysia South Cross Country event which was held in Mildura on Tuesday, May 21st.
Thank you to all the parents who came along to cheer on the students - they enjoyed having partners and grandparents supporting them in their endeavours.
A special thank you goes out to all staff and parents who assisted on the day to ensure the event was a success, and to Mr. Nunn for setting out the track. He put many hours into grading, the track and setting up and packing up the course.

SUNRAYSIA SOUTH CROSS COUNTRY:
A full report will appear in the newsletter next week, but congratulations to all students who represented the school in Mildura on Tuesday. All students ran very competitively and the following students will have the opportunity to represent the school in St. Arnaud on Tuesday, June 4th. (To qualify for the next stage, students had to finish in the top ten)

Thank you to Mrs Grace and Mr Stoetzer for accompanying the students, supervising and marking check points.
Thanks to the large number of parents who travelled up and supported the children.
A letter outlining all details will be sent home with these students early next week.

FREE HOT SHOTS SHIRTS:
Ouyen P-12 College has become a member of the official “Tennis Australia School Partnership Program”.

To celebrate, all students have the opportunity to register and receive a free “Hot Shots” T-shirt.
Registering is as easy as following the steps below:
* Visit hotshots.tennis.com.au
* Click “registered” players, claim your free t-shirt
* Enter your schools postcode or name
* Click on the school icon next to your schools name
* Complete the fields as required

Registrations need to be completed by SUNDAY, 2ND JUNE 2013.

If you have any questions or need any assistance, please talk to Mrs Morrish. The t-shirts will be bulk posted to the school late June.

PLACEGETTERS

9 Years Boys
1. Ethan Munro
3. Tim Vine
9. Aden Pengelly
10. Evan Comrie
1. Ned Scott

9 Years Girls
2. Georgia Phillips
8. Chloe Latta
5. Holly Munro
6. Natalie Nilull
7. Tiana McKay
8. Elkah Craig
9. Brooklyn Teddie

10 Years Boys
3. Blake Gaulke
5. Adrian Linn
7. Jaro Clarke
9. Dylan Dave
9. Samuel Scott
10. Cooper Binks

10 Years Girls
1. Lauren Grace
3. Jaimie Darley
5. Eliska Stevens
6. Jasmine Anderson
7. Lucy Hill
8. Brodee Lennon

11 Years Boys
2. Liam Munro
4. Alex Hill
6. Darcy McKay

11 Years Girls
1. Abbey Latta
3. Gemma French
10. Brayden Price
12. Alkyes Woodward West

12 Years Boys
1. Ben Morrish
3. Bailey Pengelly
5. Reece Anderson
9. Bradley Marke
12. Nic Erhardt
15. Lachie Comrie
18. Nic Cox

12 Years Girls
1. Kathryn Latta
5. Killyc Wills
7. Billie Wood

QUALIFYING STUDENTS BOYS 9/10 YEARS
Ethan Munro 4th
Tim Vine 7th
Aden Pengelly 9th

GIRLS 9/10 YEARS
Lauren Grace 3rd
Jaimie Darley 8th

BOYS 11 YEARS
Liam Vine 4th

GIRLS 11 YEARS
Abbey Latta 2nd
Gemma French 5th

BOYS 12+ YEARS
Ben Morrish 2nd
Reece Anderson 7th
Bailey Pengelly 8th

GIRLS 12+ YEARS
Hallie Wills 1st
Kaitlin Latta 2nd
Our Year 10 students recently took part in an educational tour of the national capital, Canberra. While on this tour they participated in educational programs focusing on Australia’s history, culture, heritage & democracy.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist parents in meeting the cost of the excursion the Australian Government contributes $30 per eligible student under the Parliament & Civics Education Rebate (PACER) program. This contribution is paid directly to the school upon completion of the excursion.

We would like to thank the Australian Government for their support of this program.
OUTDOOR ED: The Year 11 Outdoor Ed class walked up Ticklebelly Hill to expand their knowledge of the local flora. This trip put theory into practice.

YEAR 12 PE:
Year 12 students from Werrimull and Tyrrell travelled to Ouyen last Friday to take part in a cross schools PE education day. Students enjoyed learning & developing their skills, which will be essential in their end of year exams. Students & teachers all had a fantastic day.
In damp and chilly conditions, Ouyen runners showed determination on the track to win all of the team aggregates in the competition against Tyrrell, Robinvale, Murrayville, Werrimull, Manangatang and St. Mary’s. It was great to see Cross Country team members from each school encouraging and congratulating the competitors as they tackled the muddy course.

Congratulations must go to the Individual Champions who each won their races decisively. Several Ouyen students were also successful place getters and contributed to their team’s achievement.

**Individual Champions**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Girls 12/13 Yrs</th>
<th>Girls 14 Yrs</th>
<th>Girls 15 Yrs</th>
<th>Girls 16 Yrs</th>
<th>Girls 17-20 Yrs</th>
<th>Boys 12/13 Yrs</th>
<th>Boys 14 Yrs</th>
<th>Boys 15 Yrs</th>
<th>Boys 16 Yrs</th>
<th>Boys 17-20 Yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>5km</td>
<td>Ethan Davies 19:41</td>
<td>Luke Coates 17:52</td>
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<td></td>
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**THANK YOU to**

- Geoff Amos for his preparation of the oval and track, which were as usual immaculate. Also for his assistance in setting up and packing up the track, oval area and road signs.
- Mrs. Michelle Morrish who has been assisting in training students for today’s event.
- Leanne Boyd from the Ouyen SES who manned the road crossings. Without the assistance from the SES there would not be a cross country event.
- All staff who manned the checkpoints and supervised the grounds.
- Mr. Emms, Mrs. Gregg and the SRC for organising the BBQ and the SRC for cooking and selling drinks.
- Mrs Sly and her assistant Mrs. N. Morrish who completed all the associated bookwork and calculations with fantastic efficiency.
- MRCC for allowing us to use the road.

**LMR COUNTRY**

The majority of our competitors have qualified to compete at the LMR Cross Country. However, we are only prepared to take students who are committed, that is, who have fulfilled the training requirements of 3 sessions at school.

If students cannot meet requirements due to illness or injury, they need to speak to Mrs Morrish or myself. We also need to know if parents will be taking their students to the event in St Arnaud Tuesday, June 4th so that transport can be arranged.

**Team Champions**

<table>
<thead>
<tr>
<th>Girls 12/13 Yrs</th>
<th>Girls 14 Yrs</th>
<th>Girls 15 Yrs</th>
<th>Girls 16 Yrs</th>
<th>Girls 17-20 Yrs</th>
<th>Boys 12/13 Yrs</th>
<th>Boys 14 Yrs</th>
<th>Boys 15 Yrs</th>
<th>Boys 16 Yrs</th>
<th>Boys 17-20 Yrs</th>
</tr>
</thead>
</table>

**Forthcoming Dates**

**SSV LMR Cross Country**

Tuesday, June 4th
St. Arnaud

**SSV State Finals Cross Country**

Tuesday, July 18th
Bundoora

**Individual Placings**

**GIRLS 12/13 Years**
Demi Elliott 1st, Laura Hayter 5th, Macey Evans 6th, Megan O’Connor 7th, Lucy Morrish 10th, Charlotte Vine 14th

**GIRLS 14 Years**
Tennille Smith 1st, Madeleine Hahnel 2nd, Parris Linklater 3rd, Charles Pengelly 6th, Alana Linklater 8th, Natasha Beckman 13th

**GIRLS 15 Years**
Sarah O’Connor 1st, Ellen Morrish 4th, Gabrielle Torpey 6th, Adriana Smith 7th, Bethany Burns 8th

**GIRLS 16 Years**
Kelsey Richardson 2nd, Shania Lanigan 3rd, Ashley Morrish 6th, Lorraine Ralph 9th, Charlotte Nixon 10th

**GIRLS 17 Years**
Tori Linklater 1st, Esther Manley 4th, Lauren Morrish 5th, Tayla Willsmore 6th, Caitlin Vine 7th, Alicia Hogen 8th

**GIRLS 18-20 Years**
Stephanie Boyd 1st, Kate O’Connor 2nd, Laura Gloster 3rd, Julia Woodall 5th

**BOYS 12-13 Years**
Charlie O’Connor-Byrne 1st, Callum Nixon 3rd, Adam Morrish 9th, Toby Harker 11th, Tyson Manley 12th

**BOYS 14 Years**
Thomas Hedley 1st, Tom Morrish 2nd, Matt Dale-Hill 3rd, Peter Darley 4th, Harrison Jolly 12th, Riley O’Connor-Byrne 15th

**BOYS 15 Years**
Nicholas Vine 2nd, Aidan Down 9th, Cale French 8th, Kyle Sporn 10th, Jacob Grieve 11th, Harry Lynch 14th, Andrew Mole 16th

**BOYS 16 Years**
Ethan Davis 1st, Samuel Mead 2nd, Kade Lonergan 3rd, Timothy Gloster 8th, Broderick O’Connor-Byrne 10th, Jaiden Stacey 11th

**BOYS 17 Years**
Luke Coates 1st, Braiden Pohlner 5th, Jaeden Corbett 4th, Gus Lynch 9th, Jackson Morrish 10th

**BOYS 18-20 Years**
Lynden Burns 3rd, Ashley Burns 5th

Underlined students have qualified, but will not automatically be competing in St. Arnaud. A commitment to training must be made this week.
**Work Experience / Structured Work Placement Dates**

- Year 10 – August, 12th 16th
- Year 11 – July, 15th / 19th
- July 15th – 19th (Optional School Holidays)

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**THE MACPHERSON SMITH RURAL FOUNDATION**
Applications - Macpherson Smith Rural Foundation

**PLEASE NOTE:** Applications for 2014 scholarships are now open. Only 2 applications per school will be considered.

Our school closing date for the selection of 1 or 2 students is Friday, June 14th. Applications to Mrs O'Connor.

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**UNIVERSITY OF BALLARAT** - On line Program Finder
Marketing and Communications have an online program finder available as a resource for students and parents. The Program Finder can be accessed at www.ballarat.edu.au/programfinder.

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**WIRL CAREER**
An online career resource targeted at Year 10 & 12 students.

- Philosophy of the product is about career discovery; students come to it with "What are my interests?", rather than "I want to be...."
- Currently have over 120 video profiles, with more in the pipeline
- Unlike other resources, which are just text descriptions of different vocations, WIRL Career is based on individual video segments featuring insights and tips from young practitioners working in different fields. WIRL Career provides an experience which watching a simple video or reading a job description cannot. It imbues the viewer with the wisdom of someone who has already been there and knows What It's Really Like (WIRL). It's about seeing and hearing what careers are all about.”

Students from Year 10 – 12 have been emailed the School Login and Password. www.wirl.com.au

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**ANYTHING YOU NEED TO KNOW ABOUT UNIVERSITY (RSOP) Regional Schools Outreach Program**
- How will I afford Uni?
- How will I get there?
- Where will I Live?
- How will I make friends
- What uni to choose?

Ask our friendly university students to help answer your questions using the Regional School Outreach Programs online question and answer service…… Ask Me.. About Uni!
It is free, safe and helpful! www.GotoAskMeRSOP.com.au

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**RMIT UNIVERSITY - Get Real Experience – Holiday Programs**
RMIT University offers a number of free events designed to encourage students in Years 10, 11 and 12 to engage in hands on workshops over the school holidays.

While the Art and Design and Media days are full the remaining programs still have vacancies.
Registrations are still open and students can register at:
http://www.rmit.edu.au/experiencedays

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**APPRENTICE OPPORTUNITIES**
School Based Apprenticeship (ASBA) (Local)
Certificate II Agriculture
Contact Sally, MMTC, Mildura
Mobile: 0448 541 014  Office: 5022 9420

**EXPERIENCE LA TROBE** - places still available

This event has something for everyone – parents included and is the perfect chance for Year 12s to make their final decisions on tertiary study.

- **Melbourne:** Wednesday, July 10th
- **Bendigo:** Friday, July 12th
- **Albury-Wodonga:** Friday, June 21st
- **Shepparton:** Wednesday 12 - Friday, June 14th

This is a free event with lunch and entertainment on us. Register now. http://www.latrobe.edu.au/experience

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**UNIVERSITY OF MELBOURNE – THE MELBOURNE JD SHOWCASE**
Wednesday, July 3th, 9.30am – 3.30pm
Registration www.jd.law.unimelb.edu.au/schools

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**INTERNATIONAL COLLEGE OF HOTEL MANAGEMENT – ICHM**
Career Week 2013 8th – 12th July & 30th Sept – 4th October
www.ichm.edu.au

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**THE UNIVERSITY OF MELBOURNE – UNIEXPERIENCE**
Open to Year 11 Students
Thursday 11th – Friday 12th July 2013.
University of Melbourne, Parkville campus,
UniExperience gives students a chance to visit our campus and experience university life first hand, staying overnight at a residential college and participating in a range of exciting activities with university staff and students.
Online applications close Friday, June 21st.
www.futurestudents.unimelb.edu.au/uniexp

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**UBS FINANCE ACADEMY 2013**
Congratulations to Shania Evans who has been invited to attend the UBS Finance Academy 2013 which will be held at The Women's College from July 1st—5th.

The objective of the Academy is to provide leadership in investment banking education with a particular focus on senior secondary school students. The UBS Finance Academy, established in 2003 offers selected students an opportunity to explore and learn about a wide range of career opportunities in finance. This year, 50 students have been chosen from public schools in ACT, NSW and Victoria.

The program is a residential course that will be held in NSW at Women's College, Sydney University. We have designed the course to be a creative mix of theory, industry exposure, field visits, syndicate work and fun. A key learning tool is the finance sector case study.

For the students there is a chance to explore a previously unknown career opportunity and develop new relationships with their peer group from other schools.

An ideal outcome would be that students return to their schooling with an intellectual and social advantage and an interest in pursuing a career in banking.

Sue Sly
Careers Coordinator

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SHEEP SALE ROSTER:

<table>
<thead>
<tr>
<th>June 6th</th>
<th>June 20th</th>
<th>July 4th (School Holidays)</th>
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<tbody>
<tr>
<td>Workers:</td>
<td>Workers:</td>
<td>Workers:</td>
</tr>
<tr>
<td>Janeece Hahnel (50921634)</td>
<td>Katrina Erhardt (50922109)</td>
<td>Marie O’Connor (50921370)</td>
</tr>
<tr>
<td>Tina Godden</td>
<td>Kellie Eldridge</td>
<td>Helen Gloster</td>
</tr>
<tr>
<td>Cooks:</td>
<td>Cooks:</td>
<td>Cooks:</td>
</tr>
<tr>
<td>Olivia Cheema</td>
<td>Cathryn Prentice</td>
<td>Tabby Maynard</td>
</tr>
<tr>
<td>Melinda Clarke</td>
<td>Kim Darley</td>
<td>Lynda Winslow</td>
</tr>
<tr>
<td>Katie Anderson</td>
<td>Julie McKay</td>
<td>Tracey Eames</td>
</tr>
<tr>
<td>Melanie Grace</td>
<td>Zoe Taylor</td>
<td>Catherine Phillips</td>
</tr>
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</table>

Meeting: Will be on Tuesday, June 11th– 7:00p.m. in the Primary Campus staffroom.
College Council approved the funding request for $230 towards the cost of the new Primary Australian Curriculum Maths Program. The Australian Curriculum is now compulsory so resource adjustments need to be made.

Membership: Thanks to those parents who have done this. Just $2 per parent/ care-giver in an envelope with a note to say if you want to receive minutes and, if so, whether by hard copy or email - simple.

Sheep Sales – Are back to normal fortnightly operations.

Parents Victoria Online Conference – 6:00a.m., May 19 - 25 . Topics include: Reporting, School Canteens, Teachers, Inclusive Education, Education Funding (do you give a Gonski?), the Impact of Technology, Bus Safety, the Role of the School, and the opportunity to comment about other education issues that concern you. Go online to http://www.straighttothepoint_co/pv/default.php and register to participate in the conference. You could read about the COAG decisions re Gonski, or of the PV submission to DEECD re the proposed changes to school attendance regulations – interesting reading. Any queries? Go to office@parentsvictoria.asn.au
Hopefully, some parents have been able to participate in the discussions by sharing input, or just reading others’ ideas.

Congratulations – students and staff for sharing more of your activities with families during Education Week.
“The real art of discovery consists not in finding new lands but in seeing with new eyes” Marcel Proust
One child’s view – “School is like a quiz show except you don’t get paid for answering” from Help Your Child Succeed at School – a guide for parents by Andrew Fuller

Well done - to all Cross Country participants on some wonderful personal efforts (especially in Wednesday’s conditions).

Justine Cresp – President
Raelene Vine – Secretary

OUYEN P-12 COLLEGE UNIFORM

College Council has decided on changes to uniform, particularly, the sports shirts. New House shirts are being ordered through Country Clothing and Furniture. The Insignia shirt will be a navy polo with red inserts whilst Olympic’s will be green with gold. To keep the cost down, no logos or team names will be added. Current House shirts may continue to be worn this year as a phasing out period occurs. Those presently in Years 11 and 12 will not be expected to purchase the new shirts but are welcome to.

To keep with the Rugby top colour theme, a new shirt for wearing at Interschool competitions will be introduced. It will be sky blue with navy inserts and the school logo. We are investigating the optional possibility of having names printed on these shirts, as well. As some students don’t have many opportunities to compete at an Interschool level, there will be a school set of these which can be loaned and RETURNED as required. However, it is hoped that most students will have their own.

Preps and Years 1 & 2 only compete at Interschool level once per year. They can have one of these shirts but can wear the burgundy shirt on UDSSSA Athletics Day as an alternative. There will be more information about this in next week’s newsletter.

On a different aspect of uniform: Navy, burgundy, or white scarves may be worn during Terms 2 and 3. Until now, a white scarf was accepted uniform.

Remember, that grey socks are now part of the boys’ winter uniform i.e. under long trousers, recognising how filthy white socks can get in dust and mud.

Uniform information can be found in the Student Planners (Years 3 – 12) and in the newsletter.
INSIGHTS
by Michael Grose - No.1 parenting educator

What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalsposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber bullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficult situations and they know they can defeat them.