eSmart Newsletter
Term 3 2019

In recognition of *National eSmart Week 2019* (1 – 7 September), our school's eSmart Committee have been running competitions about being eSmart, and with the help of our fabulous eSmart Captains, hosted a Rainbow Accessory Day today.

As an eSmart accredited school, we thought we would take this opportunity to go back over what being an eSmart school is all about, as well as the importance of our Cyber Safety Rainbow…

What is an eSmart School?

An eSmart school is a school where the smart, safe and responsible use of information and communications technology is the norm. Students, teachers and the wider community are equipped to embrace the best these technologies can offer, while being savvy about the pitfalls.

Being an eSmart school is an ongoing commitment where we will be continually updating and monitoring the ways in which students use technology.

Our Cyber Safety Rainbow

Inappropriate Content is any material that is disturbing, improper, and just plain wrong for children; anything that is not normal for a child to view. The most important thing a parent can do is to engage in open and honest communication with your child. Use an internet filter or ensure restrictions are set to 'limit adult content'. Encourage your child to talk to you if they feel they see anything inappropriate online.

Cyber Bullying: Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically. It can include hurtful texts, messages or emails, imitating, humiliating or excluding others and generally being nasty and gossiping about someone online.

Encourage children not to retaliate and to talk to someone they trust straight away. Block the bully and make sure you collect the evidence. Cyber bullying is hurtful and NEVER ok!

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Computer Security: In today's digital age, it is everyone's responsibility to ensure we protect our online systems and information. Keep your software up to date, be suspicious of emails and pop ups, install antivirus software, and regularly change passwords are a few things you can do to keep your technology safe.

Digital Footprint: A digital footprint is the record or trail left by the things you do online. From your social media activity and browsing history, to your online photos or subscriptions – essentially anything on the internet with your name on – it's all recorded somewhere.

Some tips for managing your digital footprint include using privacy settings, removing old accounts and not oversharing. Make sure the footsteps you leave are kind ones and remember – the internet never forgets!

Identify Safety: Identity Safety is protecting your identity and keeping yourself safe on the internet. Don't give out personal information. Be careful who you talk to online. Understand photos can be copied and altered, and don't forget change passwords regularly!

Excessive Technology Use: Today's world is crammed full of technology. Monitor and limit use of technology. Apple's *Screen Time* is a wonderful tool for doing this. Set up *house rules* around technology use and factor in some technology free fun time…

Please find below some interesting links put out by the Alannah & Madeline Foundation for National eSmart week:

[Raising Healthy Children: Screen Time Checklist](#)

[Digital Reputation](#)

[Types of Scams](#)

[10 eSmart Tips](#)

[National Centre Against Bullying](#)

[eSmart - Alannah & Madeline Organisation](#)