Cyberbullying is the repeated use of the internet, mobile phones and other technologies to bully, intimidate and humiliate others. It differs from other bullying because it often continues outside of school and school hours. It can be 24/7 and sometimes you may not know who is behind it.

What does cyberbullying look like?
Cyberbullying might occur over the internet, in instant messaging (IM), social networking sites, blogs or through online gaming. It can also occur over the phone, by SMS or MMS, or voice and video calls.

Why do people cyberbully?
There are a number of reasons why people might cyberbully others, including:
- think it’s amusing
- don’t like the person
- don’t consider it to be a big deal, “it’s just words”
- don’t believe there are any consequences
- think they can be anonymous

None of these reasons, or any others, can justify cyberbullying.

What are the effects of cyberbullying?
Things that happen on the internet or mobile phones can have offline consequences. Some of the effects of cyberbullying may be:
- anger
- embarrassment
- fear
- poor performance at school
- loss of confidence and self-esteem
- revenge cyberbullying or retaliation
- self-harm, even suicide

Cyberbullying hurts people. It can ruin lives. There could even be legal consequences for harassing or threatening someone online.

Most importantly, know where you can go for help! Speak to an adult you trust if something makes you feel uncomfortable. You can also contact:
- Reach Out: www.reachout.com.au
- Bullying, No Way: www.bullyingnowway.com.au
- Kids Helpline: 1800 55 1800
- Youth Beyond Blue: www.youthbeyondblue.com
- The website, application or phone carrier that you were using at the time

For more information visit www.thinkuknow.org.au
Family Dinner Night Friday 17th June

Please join us on Friday 17th June for our end of term get together from 6.00pm at the Monash Hotel, 2077 Dandenong Rd, Clayton.

You can enjoy the night and catch up with your friends while the children are entertained. All you will need to do is turn up on the night and say you are with the Mount Waverley Heights Primary School booking.

Notice with the details will be sent home this week.

School Disco on 3rd June

THANK YOU ALL !!!!!

The disco was enjoyed by many children on Friday night. A big thank you to Helen Handrinos for organising the event. Thank you also to Amy, Alison, Krishna, Cristina, Emily, Lydia and all the other parents who gave up some of their time to either help set up on Friday or assist Helen in bringing the night together. Thank you to Debbie S for taking photos of the evening. A great night was had by all and we even made a small profit of $109.

A big thank you to DJ Pepp, who has spun the tunes for us for the last 5 years, and loves entertaining the Mount Waverley Heights crowd.

A final thank you to the Staff who popped in on the night, too, especially being a Friday!

School Banking

Addy from Commonwealth Bank enjoyed meeting all of you exciting kiddos last Friday. Here’s some pics.
Remember **School Banking is on Fridays** and any amount can be banked. This terms rewards are Mud Splat Handball & Outback Pat Bag Tag.

There is also this very cool competition: **Outback Savers can go wild at Australia Zoo**

The School Banking program can help put young Australians on the path to good savings habits. And with this year’s Grand Prize Competition it might even put them on a path to Australia Zoo, where they’ll meet Bindi and Robert Irwin (not to mention koalas, wombats and wallabies) as part of the wildest family adventure you can imagine.

**How to Enter**

Every student who makes 15 or more School Banking deposits by the end of Term 3, 2016 will automatically go into the draw to win a family trip for two adults and three children to meet the Irwins at Australia Zoo.

**The Grand Prize**

**Full day Platinum Zoo Adventure Tour at Australia Zoo, Qld** where one lucky winner will:

- Travel around the zoo in style with their own personal zoo guide
- Get up close with the animals
- Meet Bindi and Robert Irwin on part of their tour
- Enjoy morning tea, lunch and afternoon tea while watching crocodiles and koalas in the open-air Feeding Frenzy Food Court
- Have their own personal photographer to capture every moment with Bindi, Robert and the animals.

Plus, the prize includes:

- Return domestic flights to Brisbane or Sunshine Coast, Qld (airport destination subject to flight availability)
- 4 nights’ accommodation at the Oaks Oasis, Sunshine Coast in a two bedroom villa with breakfast included
- 5 days’ car hire
- $1,000 spending money

Full details of the competition and terms and conditions will be available at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

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**Extend OSHC at Mount Waverley Heights Primary School**

At after school care this week, we had Extend’s got talent performances. At Extend’s got talent, we had comedy and gymnastics and we had judges and they gave the performers a score out of 10 and everyone got 10.

We were sustainable by making some pillows, with materials that were scratchy that they might use in developing countries because they don’t have the money to buy the soft materials that we have here. We were sustainable by using recycled materials to stuff and decorate our pillows – Natasha 1/2 A

**COMING UP NEXT WEEK --- EXTEND’S GOT TALENT REHERSALS**

**M** - QUEENS BIRTHDAY

**T** - Imagination creation and elephant toothpaste

**W** - DIY bath salts and revenge

**T** - Ocean in a bottle and markers-up

**F** - Pom Poms and playground

**AND OUR EXTEND SUPER-STAR OF THE WEEK IS.......**

**Caitlin L – 1/ 2 M**

**FOR:** Being so caring to others at after-school care and even reminding others of the expectations in such a polite way

*From Rylie and the kids at Extend.* :)

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Heroes and Heroines Disco - A Great Night, thank you Parents Association!
School Self Evaluation – Parent Group Discussion
(Please complete and return to the Office)

Why did you choose to send your child/children to Mount Waverley Heights PS?

When telling other parents about MWHPS, what do you say?

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Please highlight or circle your top 4 reasons

Over the past 4 years what gas MWHPS done well?

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What should we keep doing?

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What are our opportunities for improvement – What should we develop further or start doing? How do we want MWHPS to look in 4-6 years time?

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Please highlight or circle your top 4 reasons
What are the hopes and aspirations for your child when they leave MWHPS?

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THANK YOU