

# The Shuttle



Time flies faster than a weaver's shuttle.

## Braving the waves of cyber safety together



Mrs Megan Krimmer  
Headmistress

Technology has brought so many positives and opportunities to our world; it certainly has helped make improvements to learning, work and life in so many areas. However, (and there is always a but!) there is a dark side to this space.

Having Susan McLean speak to the girls in Years 5-9 and to our parents this week was a gift. She was so real and so clear about what we need to be doing to help our girls navigate the positives and the very real danger that social media and gaming can mean for our girls.

Being a parent in the 21st century is certainly incredibly rewarding; it is also very challenging – especially in this space. All parents want to protect their daughters from danger. You would not dream of driving your daughter somewhere without her wearing a seatbelt, and you would not let her drive a car on the open road if she was underage or had not had good driving lessons, yet participating in the world of social media and gaming can be even more dangerous than either of these activities.

Our Director of Wellbeing, Mrs Liz Cannon, has written an excellent article about what we learnt from Susan McLean. She also has written about some of Jonathan Haidt's work in his very important book, *The Anxious Generation*.

I commend Mrs Cannon's article to you, and I reiterate Susan McLean's wise advice: please do not allow your daughters access to social media if they are under the required age (13). The longer you can have the gate closed in this area, the better for your daughter. Many parents do not let their daughters have access to these things until they are 16 – and that is a good protective factor.

Your daughter may not thank you for it now, but she will when she is older.

Let us all work together to put the 'seat belt of cyber safety' on and fasten it securely, for all our girls.

Before You...

**THINK**

- T** = Is it True?
- H** = Is it Helpful?
- I** = Is it Inspiring?
- N** = Is it Necessary?
- K** = Is it Kind?



## Braving the waves: Keeping our girls safe online

Mrs Liz Cannon  
 Director of Wellbeing  
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There has certainly been much discussion at many levels about social media and its impact on young people. It is so important that we as educators and parents empower our girls with information and knowledge around cyber safety and how to stay safe online and to use social media respectfully and responsibly. We also aim to empower our parents so that they also have the resources to support their children online to ensure they are safe and have positive and respectful relationships on social media.

To this end, we have again taken a three-pronged approach whereby we provide the knowledge to students, parents and teachers to ensure that we have a shared understanding and a shared language to use around this important area. Susan McLean has this week presented to our girls in Years 5-9 in age appropriate sessions, and to our parent community, as she does every year. Special thanks to the APA for funding this vital and very well attended parent seminar. Susan also provided permission for the seminar to be live streamed for our boarding community, for which we are very grateful.

Susan McLean is Australia's leading expert in cyber awareness. She is the most highly qualified Federal Government eSafety certified educator and served in the Victoria Police for 27 years. Susan provided parents with invaluable insight into the complexities of technology used by young people. A key message from Susan was her reminder that parents did not grow up with this technology and as a consequence, are occasionally limited in ability to guide their children in this area. To quote Susan, "While kids today are supremely tech-savvy, we shouldn't confuse this with actual knowledge, an understanding of dangers and risks, cognitive development and maturity. Your children will most probably leave you for dead when it comes to tech use, but what you can assist them with is real knowledge about what cyberspace is, what happens there, how to identify and deal with problems, how to stay safe and how to use some basic common sense." (McLean, S. (2018). *Sexts, Texts & Selfies*. 2nd edition Penguin Random House).

Susan emphasised that it is the responsibility of parents to help their children use technology in a safe, responsible and respectful manner. While parents are aware of the need to protect and educate children about the dangers in the real world, such as stranger danger, they must also be aware of the dangers that exist online. Parents must protect their children by equipping them with the skills necessary to keep them safe.



### SUSAN'S TOP TIPS FOR PARENTS

**Get devices out of bedrooms and bathrooms.** Parents are often unaware that their daughters are online in the middle of the night when they assume they are sleeping. Our Year 7-10 boarders must hand in their phones before bedtime for this very reason.

- **Have a family online contract and rules for use** – for school and for socialising.
- **Know your child's passwords/passcodes.** Check what apps they have on their phone.
- **Talk early – talk often.**
- **Use a filter** to limit inappropriate content.
- **Look at what they are doing online.** Not all screen time is bad, but it needs to be monitored by parents.
- **Learn about the sites and apps they use;** be there with them. Parents need to be very savvy when it comes to what young people are doing online. Know who they are talking to and what sites they are on. Be aware of any change in mood.
- **Use all security settings and parental controls.** Do not allow social media use until at least 13 and until your child is ready for it. Do not give in to pressure. Once on social media, set account to Private.
- **Only add people that your child knows in real life.**
- **Know when your child is online** and know what they are looking at.
- **Ensure the balance is right** between screen time, green time, activity and sleep. Children up to 12 years need 9-11 hours of sleep. Young people over 13 years need 8-10 hours.

Susan provided parents with important guidelines to follow in order to ensure safe and responsible technology use by the girls, [please click here](#).

Another important resource that has just been released is *The Anxious Generation*, by social psychologist Jonathan Haidt. Haidt's research provides valuable insights into understanding the emotional struggles and challenges that may be faced by young people in today's digitally connected world and also highlights the impact of social media, academic pressures and the pursuit of perfection on adolescent mental health.

Of particular note is the profound impact of social media on adolescent girls and the significant role it plays in shaping their self image, self esteem, body image, and mental wellbeing. Girls may experience heightened levels of anxiety and self-doubt as they compare themselves to idealised representations as well as peers on social media. It is ironic that

platforms that were designed for connectivity can sometimes also lead to feelings of isolation, comparison and unrealistic expectations.

Haidt highlights that social media constructs such as Likes, Comments, and Followers can become measures of self worth, creating a strong need for external validation and approval, which can lead to contribute to anxiety and self doubt. These constructs, together with online bullying, criticism and exclusion, can have significant detrimental effects on mental health, leading to increased stress and anxiety.

The good news is that Haidt provides parents and educators with age appropriate strategies, where he emphasises the importance of fostering resilience, managing stress and promoting a balanced approach to the online world challenges. By understanding the challenges that our girls face with social media pressures, we can further educate and empower girls to navigate the online world in a healthy and positive way to enhance wellbeing and create a sense of hope.

Haidt proposes four changes that he believes can break what he calls 'collective action traps':

- no smartphones before high school
- no social media before the age of 16
- phone free schools
- increased amounts of independent play and responsibility in the real world

The emphasis on 'free play' is of great importance as it helps enhance resilience, and builds independence and creativity, amongst other essential skills.

One of the many strategies that Haidt recommends for parents to support their daughters is one that we as a school often advise for parents. This is to ensure that you have effective channels of communication at home, where your daughter is encouraged and feels

safe to express her thoughts, worries and emotions without judgment. This validating communication process fosters trust and resilience and provides a way for girls to talk to their parents and tell them when/if there is an issue, no matter how big or bad this issue may be. This is essential.

#### Helpful resources

I would encourage all parents to read and/or visit the following:

- Susan McLean's book, **Sexts Texts and Selfies**
- Jonathon Haidt's book, **The Anxious Generation: How the Great rewiring of childhood is causing an epidemic of mental illness**
- Cybersmart material on the **eSafetyCommissioner website**.
- The **Online Safety Guide for Parents**
- **Common Sense Media**
- **A Parent's Guide to Instagram**,
- Susan's website **CyberSafety Solutions**
- **Inchargebox** – the world's first lockable charging station

Susan is not affiliated with inchargebox, but she highly recommends the product to store devices overnight. If you use the code 'SUSAN' you will be granted a 20% discount.

Abbotsleigh's **School TV site** for a plethora of helpful article on cyber issues as well as many other parenting topics.

We know that the internet is a wonderful tool and these benefits can be maximised by helping young people to use it safely, respectfully, and appropriately.

Please remember we are here to support you on this journey.

# Chaplain

## All things Abbotsleigh – Junior School chapels

Rev Sarah Hobba  
*Senior Chaplain and Head of Christian Studies*

Every day our girls come to school with a uniform that displays our crest and school motto, but they can easily be overlooked. Sometimes, things need to be drawn to our attention and explained to understand their symbolism and meaning.

Junior School chapels this term have been focusing on 'All things Abbotsleigh' and the Christian meaning of many aspects of our Abbotsleigh life as part of the Junior School's 70th birthday celebrations. For example, our crest has a lion to represent strength in God, fish as the symbol of Christianity and lilies as symbols of purity. Another example is our motto. Originally found in Job 7:6, in the context of Abbotsleigh it reminds us that time goes quickly and symbolises the tapestry of the life we weave.

This week, our guest speaker, Clare Wimble, talked about the partnership between Abbotsleigh and CRU

since 1931. She reflected on Philippians Chapter 1, and the collaboration that the apostle Paul had with the church people in Philippi, paralleling it to the connection between Abbotsleigh and CRU. We look forward to more in this series about the School Lesson and Hymn and many other aspects that underpin our school and how they direct us to the message of Jesus' life, death and resurrection for us.

Every time I think of you, I thank my God. And whenever I mention you in my prayers, it makes me happy. This is because you have taken part with me in

spreading the good news from the first day you heard about it. God is the one who began this good work in you, and I am certain that he won't stop before it is complete on the day that Christ Jesus returns... I pray that your love will keep on growing and you will fully know and understand how to make the right choices. Then you will still be pure and innocent when Christ returns. And until that day, Jesus Christ will keep you busy doing good deeds that bring glory and praise to God.

**Philippians 1:3-6, 9-11 (CEV)**

# Upcoming events

## WHOLE SCHOOL

<b>Abbotsleigh Christian Fellowship prayer meeting</b>	Tuesday 28 May 7.45-8.30 am	Zoom
<b>Knox Abbotsleigh Print Exchange exhibition</b>	Thursday 30 May to Wednesday 12 June	Grace Cossington Smith Gallery
<b>AOGU Speaker's Morning Tea</b>	Friday 31 May 10-11.30 am	Dining Room and Zoom
<b>APA meeting</b>	Monday 3 June 7-9 pm	Global Learning Centre (GLC) SS

## JUNIOR SCHOOL

<b>IPSHA Saturday Sport</b>	Saturday 25 May 8 am-12 noon	<b>See Parent app</b> for team sheets and venues
<b>JS Production rehearsal</b>	Saturday 25 May 2-4.30 pm	Everett Hall
<b>Year 6 netball and hockey training</b>	Monday 27 May 3.20-4.30 pm	Junior School
<b>CIS cross country training</b>	Tuesday 28 May 7-8.15 am	Junior School
<b>ELC to ACEE</b>	Tuesday 28 May 8.30 am-2.30 pm	ACEE
<b>Years 1 and 3 Gateways wokshop</b>	Tuesday 28 May 8.30 am-3 pm	

<b>Years 4 and 6 Gateways workshop</b>	Wednesday 29 May 8.30 am-3 pm	Corpus Christi Catholic School
<b>Wear it Yellow cake stall</b>	Wednesday 29 May 1-1.30 pm	Junior School
<b>Year 5 netball and minkey training</b>	Wednesday 29 May 3.20-4.30 pm	Junior School
<b>CIS cross country training</b>	Thursday 30 May 7-8.15 am	Junior School
<b>Years K, 3 and 5 Grandparents' Day</b>	Thursday 30 May 10.50 am-1.30 pm	Junior School
<b>Years 3 and 4 netball and minkey training</b>	Thursday 30 May 3.20-4.30 pm	Junior School
<b>Year 6 special guest speaker</b>	Friday 31 May 9-9.30 am	Auditorium
<b>Year 6 Fundraiser prep time</b>	Friday 31 May 11.20-11.50 am	Year 6 Classrooms
<b>JS Production rehearsal</b>	Friday 31 May 3.30-5.30 pm	Everett Hall
<b>ISDA Debating semi finals</b>	Friday 31 May 5-8 pm	Venue TBC
<b>IPSHA Saturday Sport – Indigenous Reconciliation Round</b>	Saturday 1 June 8 am-12 noon	<b>See Parent app</b> for team sheets and venues
<b>JS Production rehearsal</b>	Saturday 1 June 2-4.30 pm	Everett Hall
<b>Year 6 netball and hockey training</b>	Monday 3 June 3.20-4.30 pm	Junior School
<b>CIS cross country training</b>	Tuesday 4 June 7.15-8 am	Junior School
<b>Year 3 URSTRONG session</b>	Wednesday 5 June 8.30-10.30 am	Auditorium
<b>Year 5 URSTRONG session</b>	Wednesday 5 June 10.50 am-12.20 pm	Auditorium
<b>Year 5 netball and minkey training</b>	Wednesday 5 June 3.20-4.30 pm	Junior School
<b>URSTRONG parent/child workshop</b>	Wednesday 5 June 6-7 pm	Zoom
<b>CIS Cross Country Carnival</b>	Thursday 6 June 8.30 am-3 pm	Sydney International Equestrian Centre, Horsley Park
<b>Years 3 and 4 netball and minkey training</b>	Thursday 6 June 3.20-4.30 pm	Junior School

<b>McGrath Pull On Your Socks Day</b>	Friday 7 June	Junior School
<b>Years 5 and 6 Northside Gifted and Talented Workshop</b>	Friday 7 June 8.30-3 pm	Sydney Grammar School
<b>Year 6 Fundraiser prep time</b>	Friday 7 June 11.20-11.50 am	Year 6 Classrooms
<b>Jump Rope for Heart – Jump Off</b>	Friday 7 June 1.40-2 pm	Junior School
<b>No IPSHA sport (Long weekend)</b>	Saturday 8 June	
<b>JS Production rehearsal</b>	Saturday 8 June 2-4.30 pm	Everett Hall

## SENIOR SCHOOL

<b>Sporting fixtures</b>	Saturday 25 May 8 am-12 noon	<a href="#">Click here</a> for venues and times
<b>Hockey and netball trials</b>	Saturday 25 May 1-5 pm	
<b>APA Social Event</b>	Saturday 25 May 7-11 pm	Gymnasium
<b>Year 10 Work Experience Week</b>	Monday 27 to Friday 31 May	
<b>Year 11 YLead Program</b>	Monday 27 May 8.20 am-3.25 pm	Sports Hall
<b>Year 11 Parent Teacher meetings</b>	Monday 27 May 3.30-8.30 pm	Zoom
<b>Year 9 Visual arts incursion</b>	Tuesday 28 May 8.20-3.25 pm	Grace Cossington Smith Gallery
<b>Archdale Debating Round 2</b>	Tuesday 28 May 4-8 pm	
<b>Opening of Knox Abbotsleigh Print Exchange</b>	Thursday 30 May 5-6.30 pm	Grace Cossington Smith Gallery
<b>North West Equestrian Expo</b>	Friday 31 May to Tuesday 4 June	Coonabarabran
<b>NSW All School Swimming/Diving Championships</b>	Friday 31 May 8 am-4 pm	SOPAC
<b>Year 7 STEAM Day 1</b>	Friday 31 May 11.25 am-3.25 pm	iHub
<b>Middle School Collaboration</b>	Friday 31 May 1.30-3 pm	

<b>ISDA Debating</b>	Friday 31 May 4-9 pm	
<b>Sporting fixtures</b>	Saturday 1 June 8 am-12 noon	Venues and times TBC
<b>Archdale Debating Round 3</b>	Tuesday 4 June 4-8 pm	
<b>Years 7 and 8 PC Concert</b>	Wednesday 5 June 12.45-1.15 pm	PDCH
<b>House Debating Round 1</b>	Wednesday 5 June 1.15-2.45 pm	
<b>CIS Cross Country Carnival</b>	Thursday 6 June 8.30 am-3.30 pm	Sydney International Equestrian Centre, Horsley Park
<b>Shabbots CRU weekend</b>	Friday 7 to Sunday 9 June	
<b>Boarder travel day</b>	Friday 7 June	
<b>Pull On Your Socks Day</b>	Friday 7 June	
<b>No IGSA sport (Long weekend)</b>	Saturday 8 June	