

# Panaga School

HRF/4, BSP Company Sdn Bhd, Seria, KB 3534, Negara Brunei Darussalam

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## Parent Information Letter; Issue 310

Thursday, 9th February 2017

Dear Parents,

Many thanks to all of you who contributed to the School Carnival last weekend. So many parents and teachers helped out that it is impossible to thank you all individually here. However, sincere thanks again for giving up your time freely.

We managed to raise **over 6500 BND**, so thank you to all teachers, parents and students who contributed. All of this money raised will support the school to purchase equipment for next academic year. While raising the money is important, the carnival also gave us time to meet and chat with people that we do not always have the opportunity to see in our busy lives.

In other news, can I please encourage you all to take a strong interest in the attachments on safe internet use. This information is vital for all of us at home and school.

### Safer Internet Day

Tuesday this week was **Safer Internet Day 2017**; a global initiative to “promote the safe and positive use of digital technology for children and young people”. To mark this day at Panaga School, we have made our own fun eSafety video to highlight some of the dangers children face online. It can be viewed [here](#). As mentioned above, you will also find detailed guidance for parents, attached.

### PTA Science Fair

Thank you to all who have expressed an interest in this year's PTA Science Fair, scheduled for Saturday, 15th April. It was such a pleasure to talk with you at the recent School Carnival to share your enthusiasm for making this year's event another great success. Those who have registered their interest in helping out will be contacted in the near future with further details. Of course, we are happy to hear from more volunteers who are interested in joining us.

Please contact Rachel Marsden: [rachelmarsden@panagaschool.net](mailto:rachelmarsden@panagaschool.net) or Tom Savels: [tsavels@gmail.com](mailto:tsavels@gmail.com) **if you would like to be added to our volunteers' contact list.**

### Safie of the Week

Every day, we are doing safe things in the Panaga community. We would love for you to share your 'Safie' moments with others. Please submit a photo of your children, friends or yourself doing something safe. It could be wearing a cycle helmet, using the appropriate road crossings correctly, using a seatbelt, or any other safe behaviour around our local area. For additional information and/or your submissions, please email Rachel Marsden: [rachelmarsden@panagaschool.net](mailto:rachelmarsden@panagaschool.net).

### Crocodile sighting

We have received a report of a crocodile crawling in the drains near No.49. You may have seen the trap put in place, as a result of the sighting, at the entrance to Teraja. The recent rains have disturbed the habitat of several animals. We have spoken to the children in school about safety near the drains. Both HML and HSE are aware of this sighting and are monitoring the area.



YOU AND I  
WILL  
GO HOME SAFELY



A world united in learning



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## Sports training

Due to the Parent Teacher Conferences, there will be no sports training on Monday and Tuesday next week.

The schedule for sports training **next week** is:

Sport	Year Group	Where	Time
Running Club	P4-P8 (P4 & P5 students must be accompanied by an adult)	Meet at Teraja entranceway	Friday 6.25-7am

## Panaga Football Tournament

The Panaga Football Tournament is fast approaching and we would like some more parents to volunteer to referee some games. This event relies on our whole community to help make the day run smoothly for our children. If you are keen to volunteer, please email Nathan Edwards: [nathanedwards@panagaschool.net](mailto:nathanedwards@panagaschool.net)

## BJSL Football

Today at the Padang the football round of Brunei Junior Sports League took place with ISB, JIS and Hornbill and Panaga all taking part. Panaga were joint first place with Hornbill. Well done to all the players who took part on a very hot day. Also, thanks to Nathan and Andy Vele for setting up the event, thanks to all the teachers who supported the event and in particular the referees who have some difficult decisions to make.

## International Day 2017

On Thursday 9th March, we will be holding International Day for the P1 to P8 children and families, on the Teraja site. We will also be hosting an event for our Pre-Nursery and Nursery classes on Friday 10th March. This colourful and exciting occasion has always provided an alternative dimension to helping our children understand and learn about the different communities and cultures that we as a school share.

Thank you to everyone who attended the International Day planning meeting on Thursday morning. If you would like to support your Home Country at this exciting event, please contact [andrewryan@panagaschool.net](mailto:andrewryan@panagaschool.net) to sign up. Posters identifying the countries already signed up will be displayed in the foyers of each site.



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## Calendar dates

### February

**13-14:** Parent Teacher Meetings

**21:** P8/9 Parents Meeting, 5-6 pm, Teraja Hall

**23:** School closed for Brunei National Day

**26:** Panaga School Football Tournament

### March

**9:** International Day: P1-P8

**10:** International Day: Pre-Nursery and Nursery

**17:** Term 2 ends

### April

**3:** Term 3 commences

**15:** PTA Science Fair



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# Further advice to discuss with your child:

## Privacy settings

These settings give the user the ability to control who they share particular content with, for example making a photo you post visible to Friends only or to the Public. Encourage children and young people to use the privacy tools available on the social networking site to protect their personal information and to keep their passwords private (even from their friends).

Most social networking sites give safety advice and information on their safety tools. For example see [www.facebook.com/safety](http://www.facebook.com/safety) for more in-depth information on Facebook privacy settings.

## Online Friendship

Remind them to only add people they know and trust in the offline world to their contact lists on social networking sites.

## Geolocation

Young people must be aware of who they are sharing their location with. If they are accessing a social networking site via a smartphone or mobile device, they might be disclosing their location without realising it. Location services can be turned on or off within the settings of a device.

## Think Before You Post

Emphasise the importance of thinking before you post something online. This can include writing a comment or sharing a picture. Discuss with them what is and isn't OK to say in a post and remind them that sometimes messages online can be misunderstood. What may start out as a harmless joke for one person, can be extremely hurtful for another individual and once something is posted online it is potentially there forever. If you are not sure, or if you wouldn't be happy for your Head Teacher to see it, it's probably best not to post it. Your online reputation can also be affected by other behaviour, such as groups you join or clicking 'likes'.

## Consider the photos you upload

It's important that children consider the nature of and impact of photos they post online, the attention that may be drawn to the photo, and who can see the photo. They should always ensure that they ask permission from others before posting pictures of them online.

## Know how to report

Know how to block other users and know how to report – make sure children and young people know how to report abusive comments or illegal activity on social networking sites. Popular social networking sites allow you to report a comment or user who is potentially breaking their terms and conditions, by clicking on a report button or sending the site an email. If young people have concerns about cyberbullying then they should speak to a trusted adult as well as saving the evidence, and even use the tools available to block other users. If you have concerns that your child is or has been the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)).

## Logging out

Once you have finished using a social networking site, it is important to log out. Specifically when using a public or shared computer and also on mobile devices. Make sure you have activated a PIN on your mobile device, as a mislaid device can mean that others can access your social networking profile.

# Frequently Asked Questions

**Q** My child is underage, but has created a social networking profile. What should I do?

**A** Research shows us that a large number of children have created a social networking profile before they are at the correct age (usually 13) to do so. It is important to respect the terms of use of the site and register with the correct age, as there are additional protections in place for younger users. If the site however discovers that underage users are using the service, they will delete their account. You should discourage underage use of these services as best you can, and be aware of services which cater for younger users by having higher safety features.

However, before young people start using social networking services it is important that they are equipped with the skills to stay safe online and to use social networking sites responsibly. Sit down together and make sure that you both know how to use the privacy tools that are provided. There are multiple ways in which a social networking profile can remain private that will prevent your child from giving out personal information to strangers. Support your child in ensuring that they only add contacts to these sites that they also know and trust offline. One way to keep an eye on how your child uses a social networking site is to connect with them.

**Q** Can my child limit who accesses their profile?

**A** It is possible to set profiles to private or friends only, which restricts access only to those who have been granted permission to see it. This is different to a public profile which can be seen by anyone. Depending on the social networking site, the privacy settings do differ so it is imperative that users check their settings. It is important that children should register with their real age so that they are included in the protections made available by default to their age group.

**Q** Does my child's profile appear in a public search engine (eg. Google)?

**A** There are ways that you can prevent your profile from appearing in search engine results; most social networking sites allow you to remove your profile from public search results by using the privacy settings.

**Q** How can I report inappropriate behaviour and what happens when I make a report?

**A** Social networking sites should have clear, prominent and accessible places to make a report. Providers should respond promptly to reports from users, and some will acknowledge each report with a confirmation that it has been received and provide indication of the timescale in which the complaint will be managed. Make sure you talk with your child about these tools and ensure that they know how to use them.

# YOUNG PEOPLE AND SOCIAL NETWORKING SITES



Social networking sites such as **Facebook** and **Twitter** are very popular with young people, even those who are of primary age.

These types of sites allow young people to be creative online and keep in touch with their friends, as well as sharing photos and videos. On some social networks, young people can follow their favourite celebrity which means they can access the content they update and share. However, for parents and carers it's important to have a look at these services, or have a go, in order to familiarise yourself with social networking sites. Most sites stipulate a minimum user age of 13, although some interactive sites are designed specifically for younger children.



By understanding these sites and their potential risks you can help to support your children in choosing an appropriate site and using it in a safe and constructive way, and be able to help them if they need it.



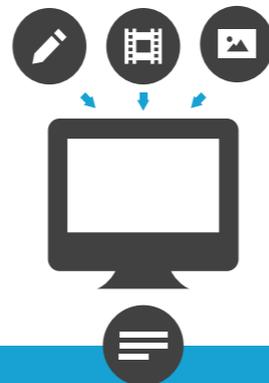
Most sites stipulate a minimum user age of 13

## Social networking and your child's digital footprint

Many things can contribute to your child's digital footprint including what they post and who they interactive with. Young people are accessing and using social networking sites on a range of devices, such as mobile phones, tablets and gaming devices. They use social networking sites for many different purposes, to communicate with their friends, to share photos, to play games and to find out new information. You need to remind your child however that they need to be careful about what they're posting online and who can see it. Children can sometimes believe that social networking sites are a private space for them and it can be difficult for them to realise that actually what they're posting online may be public and can be spread very quickly and to a large audience. The blur between public and private expression can potentially put a child at risk in two main ways:

### Content

Children who create or post inappropriate, offensive or even illegal content in their own or others' web pages could get them into trouble with their school, friends, or even break the law, depending on the nature of the material. It's also important that young people understand the longevity of posting something online. Once content is uploaded onto a website, it could potentially stay online forever. Regardless of whether the owner takes down the content, anyone who had access to that content could have copied it for themselves, kept it for their own records or distributed it further. Content which is uploaded online can be copied, altered and reposted by anyone and it is very difficult to 'take back' things that may be later regretted. This can damage reputations and even future prospects.



### Contact

Young people need to be aware of how much personal information they upload onto these sites. If a user of a social networking site doesn't protect their information by enabling the correct privacy settings, they could be exposing their information to strangers and as a result be at risk of online contact and grooming. Posting or chatting about personal details might enable someone to identify and contact your child online or in person. There is also the more likely risk of cyberbullying with young people intentionally harming another person online. Talk to your child about protecting their privacy online and talk through the available privacy settings with them.

It's a good idea to talk to your child about their social networking life online. In the same way that you might ask them about their social life offline, talking about social networking sites together is no different. One way to get the conversation going is by asking them whether they know where to go for help, or whether they know how to make their profile private, or even ask them to help you with your privacy settings.



## SMART rules

As well as producing some useful conversation starters for parents and children: [www.saferinternet.org.uk/ufiles/Conversation-Starters-for-Parents.pdf](http://www.saferinternet.org.uk/ufiles/Conversation-Starters-for-Parents.pdf), Childnet has produced 5 key SMART rules which remind young people to be SMART online. It can be helpful to go through these tips with your children.

**S Safe:**  
Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.



**M Meeting:**  
Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



**A Accepting:**  
Accepting emails, Instant Messenger (IM) messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



**R Reliable:**  
Information you find on the internet may not be true, or someone online may be lying about who they are.



**T Tell:**  
Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



### Useful Links:

[www.childnet.com/parents-and-carers/hot-topics/social-networking](http://www.childnet.com/parents-and-carers/hot-topics/social-networking)  
[www.ceop.police.uk](http://www.ceop.police.uk)  
[www.facebook.com/safety](http://www.facebook.com/safety)  
[www.iwf.org.uk](http://www.iwf.org.uk)  
<https://support.twitter.com>

# KEEPING UNDER FIVES SAFE ONLINE



Children love using technology and are learning to navigate websites, online games and consoles, and touch screen technology like tablets and smartphones from a younger and younger age.



Latest Ofcom research has shown that 81% of 5-15 year olds have access to a tablet at home and almost 40% of 3-4 year olds and two thirds of 5-7 year olds go online. We know that children need support in these environments, to get the best out of using the internet, and there are real advantages in making sure that children are supported in their internet use right from the start.



These eight frequently asked questions will provide you with useful information and tips that you can put in to place at home, to help keep your youngest children safe online.



## Where do I start?

The best way to keep your family safe online, and to understand your children's internet use, is to use the internet together. Active engagement and conversations with your children are key. Be positive and embrace the technologies that young children enjoy and look for family activities or games. Take time to explore the games and services that your children are using, or want to use, and look out for any safety features that may be available. This will give you a better understanding of the different ways that children are engaging with technology and help you to feel more confident.

## Should I set any rules?

In the same way that you set rules for most areas of your children's lives, establish your expectations regarding online activities. Creating a **family agreement** ([www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)) is a useful step, which might include time spent online, sites that can be visited, and behaviour expected; remember, what's right and wrong offline is also right and wrong online. It's a great idea to agree these rules from the outset, so that you and your children are aware of their boundaries.



## How can I supervise my child?

Placing your computer or laptop in a busy part of the house e.g. the living room or kitchen can be helpful. This can make it easier for you to be involved in their technology use. But remember, the internet can be accessed from a number of portable devices, for example smartphones, games consoles and tablets. Portable devices may allow you to ensure your children are using them where you can see them and your children can still be supervised. To find out more about the internet capabilities of smartphones, gaming consoles and other devices, check out our **Parents' Guide to Technology** ([www.saferinternet.org.uk/parent-tech](http://www.saferinternet.org.uk/parent-tech)).

## How much time is too much time?

Children can be enthusiastic users of technology. The challenge can be to harness this enthusiasm and ensure a balance, so that the use of technology does not negatively impact on other important areas of young children's lives. There are some strategies that can be used to help manage the time online issue, such as agreeing time limits or using time limiting tools, designating weekly times to use the internet together, or removing portable devices from your child's bedroom at night to avoid tiredness.



## Are there tools to help?

There are free parental controls and filters available, to help you set safer boundaries for your children, but you will usually be required to set them up. Your internet service provider (such as BT or TalkTalk) will provide free filters to help block age inappropriate content for children, and on the UK Safer Internet Centre website you can watch **video tutorials** ([www.saferinternet.org.uk/parental-controls](http://www.saferinternet.org.uk/parental-controls)) that show you how to find and set these up. All Mobile phone operators (such as O2 or Vodafone) also provide such parental controls for free. The websites of device manufacturers (such as games consoles) should also outline the controls to which you have access.

Filtering options can be found within websites and services themselves, for example on YouTube or 'safe search' settings can be applied to search engines such as Google or Bing. There are even some services adapted for children (such as the YouTube Kids and BBC iPlayer Kids apps). Parental controls can be password protected, so it's advisable to choose a strong password and not share it. Parental controls and filters are a good starting point but it is important to recognise that they are not 100% effective. They are a great help, but not a solution, and work best in combination with parental supervision and engagement, to help your children understand how to stay safe online. As children grow and develop, so do their online needs, therefore you may want to periodically review your parental controls to accommodate this.

## What advice can I give my child?

Education is the best tool that a child can have, so discuss with your child the importance of telling an adult immediately if someone, or something, upsets them online. Make sure that your children know that they can come and talk to you (without necessarily getting into trouble) if they see anything that worries them on the internet, and encourage them to feel confident enough to do so. Other immediate strategies to deal with unwanted content or contact could include; switch the screen off, close the laptop, exit the website, or turn the iPad or phone over and put it down.

Younger users may be distracted by advertising and pop ups and with just a couple of clicks, or a spelling mistake, may find themselves on a different website. Children are naturally curious and will innately push boundaries. Bookmarking sites or creating a 'favourites' list is a simple way to help your children find the content they want without having to search the internet for it. It is also important whilst beginning to explore the internet that your child realises that other internet users may not be who they say they are and that 'friends' made online are still strangers, so personal information should be kept safe, including their name, address, phone numbers and passwords etc. Encourage the use of screen names and nicknames where possible. This is where a **family agreement** can be incredibly useful, to establish rules and good online behaviour in advance.



## What games are okay for my child to play?

There are many different online games and playing experiences currently available to children e.g. via computers, consoles, internet games and apps. Gaming may be the very first way that your child encounters life online. Some games however are for adults or older audiences and contain images and language that are not suitable for children. Therefore it is important that the games your children play are the correct age rating. Like film classifications, these ratings are determined by the game's content, and all video games sold in the UK are clearly marked with age ratings set by PEGI (Pan European Games Information). Google Play and Windows Store apps are also rated by PEGI.

Many games allow children to play with other internet users and may have chat features enabled. Some games provide a "safe chat mode" where simple predetermined phrases can be used. Playing these games yourself can be fun and will also enable you to identify the safety features provided, such as reporting to a moderator. Reading online reviews of games can be a really useful way to hear other parents' experiences and feedback, and highlight potential safety issues like whether 'in-app' adverts are present, and whether the adverts displayed are suitable for the audience for which the app is intended. There have been news stories of young children running up large bills by inadvertently making 'in-app' purchases whilst playing, so do look out for whether you can spend real money during the game; it should be in the app description in the app store. You can also disable 'in-app' purchasing on a number of devices within the settings.

## Where can I report?

Reports can be made to websites through safety/help centres and moderation services. If you are suspicious about the behaviour of others online, reports can be made to CEOP and inappropriate media content, online and offline can be reported via Parentport. Criminal content online can also be reported to the IWF. For more information regarding reporting, visit our Need Help? section on the Childnet website.



### Useful Links:

[www.childnet.com/parents-and-carers/need-help](http://www.childnet.com/parents-and-carers/need-help)  
[www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)  
[www.saferinternet.org.uk/parent-tech](http://www.saferinternet.org.uk/parent-tech)  
[www.saferinternet.org.uk/parental-controls](http://www.saferinternet.org.uk/parental-controls)  
[www.ceop.police.uk](http://www.ceop.police.uk)  
[www.parentport.org.uk](http://www.parentport.org.uk)  
[www.iwf.org.uk](http://www.iwf.org.uk)  
[www.pegi.info](http://www.pegi.info)





# Safie of the week

## 10/02/17



## Safie of the Week:

This week Lola from P3R and her little sister, Finn, were buckled up safely in their car seats. Well done to them for being safe and to daddy Luke who was parked safely in a designated school parking spot.



Please send in a *Safie* photo of someone practising a safe act either at school or in the community. This could be wearing a helmet, seatbelt, crossing the road safely or parking in designated places. Please make sure that the person is aware of you photographing this positive act as it will be featured in our weekly newsletter. Please note the new email address for photo submission:

[rachelmarsden@panagaschool.net](mailto:rachelmarsden@panagaschool.net)

