

#StrongerTogether

No images? [Click here](#)

## July Newsletter #1



### **Stay Positive, Stay Connected.**

**As the rest of the country resumes to a "new normal", Victoria continues to remain under close watch with heavy restrictions again in place. NCJWA Vic's campaign motto of being "Stronger Together" means so much more now. In these unprecedented and uncertain times, we need someone to talk to and to share our emotions with.**

Take this time to be honest with one another about how these past months have been for both of you. The strong connection you and your match share is important and meaningful.

**We are very pleased to say we can still offer face-to-face catch ups.** Our **COVID-SAFE Protocols** are designed to ensure the safety of all Participants and Buddies. Please make sure you read and follow them carefully and complete the Catch Up Forms ([Participants](#), [Buddies](#)).

In this newsletter, we are exploring the different aspects of **technology**. The Jam Project has shown us that we can be adaptable. We have created new ways of communicating and bonding. We are here for each other, and it doesn't matter if we meet face-to-face or via FaceTime. This is the time to stay connected.

We often hear of the negatives and dysfunction surrounding the use of technology. Perhaps we can shift our way of thinking and talk about how critical technology is to our learning and currently for our continued sense of connection.

Now more than ever, we need technology to keep us engaged, updated and informed. Prior to 2020, would you have considered attending school or university online? Exercising online? Learning art or a musical instrument remotely? Or touring around the world via the Museum e-tours? In recent months, we have experienced a **positive way of staying connected online**.

Sure, we are all having those times of bad internet; being frozen on the screen or glitches in our Jam Sessions - but how are we managing this? Have you had an opportunity to empower someone in your family in using their devices in a more productive way?

In a recent article by Maggie Dent, one of Australia's favourite parenting authors and educators, she talks about **the importance of having someone to talk to outside your family**.

We feel it is important to touch on your experiences with your match: how are you finding communicating online with school and with your friends? Do you feel that your messages are being understood? How are hand gestures being interpreted online?

Wishing you a meaningful Jam experience!  
Yours, Naomi & Liat

## **The Art of Online Communications.**



We are honoured to have a special guest speaker **Jordana Borensztajn** as part of our upcoming [Jam Session](#). Jordana will discuss "The Art of Communication" and will show us how humility, gestures, storytelling, and being kind to ourselves can make us better communicators online. These skills are important especially today, as we do more online due to the current restrictions. **Sunday, 26 July 2020, 6:30pm - 8:00pm via Zoom - Participants & Buddies.**

*(As always, attendance is required for all our sessions. Please contact [Naomi](#) directly if you can't attend).*

**[REGISTER NOW >](#)**

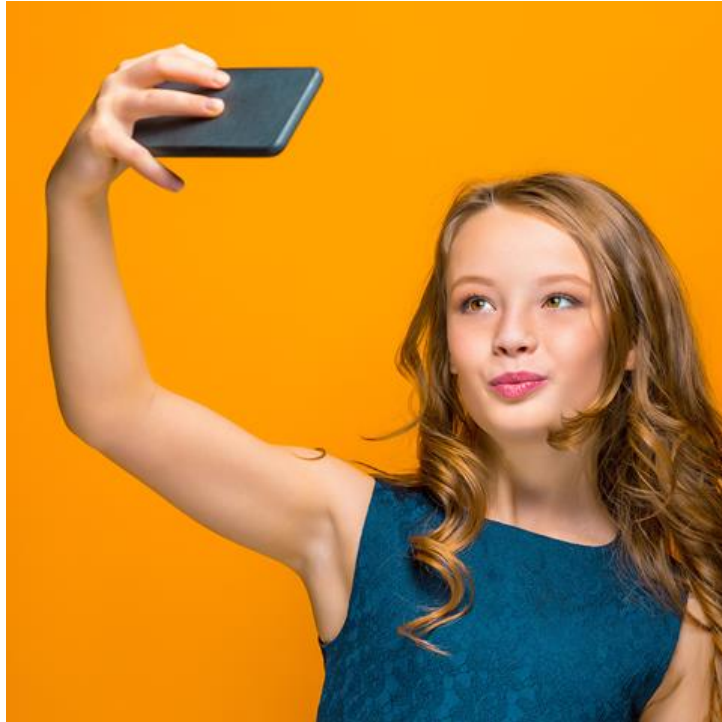
**The online platform has shown us that it can be proactive and positive. However, time spent online is much like the glass half full - half empty scenario. It is about **what** we choose to do with the opportunities the internet provides us and **how** we use them. Below we are exploring **staying safe online through the eyes of Rebecca Sparrow and the E-Safety Commission.****



### **Safe Online Friendships**

Our friend Rebecca Sparrow shares with us her tips on staying safe on social media. Her tips "**Before You Click Send**" are for parents, tweens and teens.

The document includes basic online do's and don't's – like "**don't create a rude or ridiculous email address for yourself**. When you're applying for part-time jobs, future employers may dismiss you straight away"; useful ways of securing your device; useful apps to download and more. Download your copy online.



## **Safe Online Sharing**

The "**E-Safety Commissioner** Recommendations for Years 7 to 10 students" is a very useful resource for both parents and students. Those safe internet use recommendations include evaluation of online sources; using critical thinking; strategies for making informed decisions; and exploring apps to control information.

The E-Safety Commission states that "content sharing can be a great way to connect with people, share information and stay up to date however, it may also expose users to age-inappropriate content. Remember to take a moment before you press send and ask yourself **am I sharing this with a trusted friend? Are my words and actions appropriate?**"

## Sharing is Caring.



At the end of 2018 we had Tiger Pistol present at our JamFest. They are a digital marketing firm that explores how we all use social media. Not only does this firm have a huge female employee rate, but they talked about their experiences in technology and “females kicking butt” in the digital coding space. They really shifted our mindset about the importance of technology and how we use it positively. They shared a fun fact with us *"did you know that WIFI has been added to Maslow's hierarchy of needs".*

2020 has been the year we have globally relied heavily on social media to maintain connections. It is also a time to reflect on how we use the social web. Here are some topics to discuss with your match:

- Do you feel lost without your phone but present with it?
- Do you ever feel that you could be using your phone/iPad/computer in different ways?
- Are you wondering why you are following that blogger?
- Do you ask your friend's permission before posting a photo of them?
- If you add up all your time spent scrolling through social media - how many hours a day would that be?
- When you are with a friend - are you distracted by your phone?

What we see in  
our world is a mirror  
of what we have in  
our minds.



**Empower Your Feed**

Why not take this time to re-evaluate who you are following on social media and why? Here are some recommendations of inspiring and powerful accounts to add to your feed:

[@Powerofpositivity](#)

[@Girledworld](#)

[@Biglifejournal](#)

Got more empowering recommendations? Tag us

[@jamprojectvic](#).



**Hear Me Roar**

**Zoos Victoria** is offering Virtual Excursion programs. Each program includes a 30-minute webinar with a Zoo teacher and a teaching guide filled with activities. Excursions are free and mapped according to age groups.



## Couch Surfing

Visit the world from your living room! The current times offer us very unique ways of travelling the world. Check out these **10 virtual tours of the world's most famous landmarks**. "They're closed for now but you can still take an interactive online tour, to gaze over the edge of Machu Picchu and marvel at the Pyramids from every angle".

## Upcoming events.

---

26  
JULY

## **JAM SESSION WITH GUEST SPEAKER JORDANA BORENSZTAJN**

Join us for a Jam Session about "The Art of Communication" with guest speaker Jordana Borensztajn.

Humility, gestures, storytelling and being kind to ourselves makes us better communicators - especially if we have to do more online due to the current restrictions.

**Sunday, 26 July 2020**

**6:30pm - 8:00pm**

**Via Zoom (details will be sent on Sunday morning)**

**[REGISTER NOW >](#)**

---



"It's fair to say this year has been very different to last but although we're currently separated by distance, we've never been more together. It's clear that Jam is about community; and in times of uncertainty, community is what we all need."

**KELSEY, THE JAM PROJECT BUDDY, 2019 & 2020**

**Would you like to help us?**



[VOLUNTEER >](#)

[MAKE A DONATION >](#)



**National Council of Jewish Women Australia Victoria**

T : [03 9523 0535](tel:0395230535) | E : [office@ncjwavic.org.au](mailto:office@ncjwavic.org.au)

PO Box 2220, Caulfield Junction VIC 3161

131-133 Hawthorn Rd, Caulfield North VIC 3161

**FOLLOW US**



[Preferences](#) | [Unsubscribe](#)