Welcome to Week 3. I know you’re thinking how can we be up to Week 3 already? Last week was the first week for our new Kindy student’s and it was great to see them settling into school life so well. Many of our students received awards this week including all of our new Kindy students which is fantastic to see. There are a number of things coming in the next few weeks that you all need to be aware of.

Today we will finally see the demountable being removed which is fantastic because we can move onto a new project in that area. Before the term is over I would love to see a beautiful covered eating area established where the demountable was. The aim is to have all the lunch tables, bench seats, BBQ, complete with sink and electricity and edible garden beds, in this area.

Tuesday sees the start of Scripture for the year which will continue every week at the same time 12:00-12:30 for P1 and 12:30-1pm for P2. During this time any Non-Scripture students will spend time in the Library.

Next Tuesday 17th February is the P&C Annual General Meeting from 3:30pm in the Library. It would be fantastic to see as many parents attend as possible. Please keep in mind that our P&C meetings are a time for positive contribution to school affairs so please come along and support our amazing school. All new parents are welcome!!! “Many hands make light work”.

I am also very excited to announce that this week will see the start of the kitchen project for our hall. It has taken some time to get to this point but finally we have the Asset Management team from DEC on board and ready to commence the tendering phase. I will keep you up to date with our progress and fingers crossed the kitchen will be complete by approximately Term 3.

Shortly you will all receive invoices from Mrs Wilson for this year’s voluntary contributions. Late last year we held discussions with the P&C about school levy’s and have decided that as of this year we will be putting in place a student resource levy to help cover the rising cost of resources. We have resisted the need for a levy such as this for some time now but can no longer hold off. If you have any concerns about voluntary contributions or the resources levy please feel free to drop in and discuss them with me.

At last year’s Community Forum there were some discussions held around programs at the school and the things the community would like to see happening. As a staff we sat down and looked over the data collected from that forum and have decided that we would like to try and implement one of the programs. We have decided that we would be implementing weekly club groups every Tuesday afternoon. If you have an interest, passion or skills in a particular area we would love to hear from you. Some of the suggestions that came from the forum were to establish the following; a garden club, cooking club, sewing club and wood work or metal work type club. If you have any suggestions or if you are interested please drop in and see me.

COMING EVENTS:

<table>
<thead>
<tr>
<th>Every Tuesday</th>
<th>Kids in the Kitchen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sport Day</td>
</tr>
<tr>
<td></td>
<td>Scripture classes</td>
</tr>
<tr>
<td>Every Wednesday</td>
<td>Library Day</td>
</tr>
<tr>
<td></td>
<td>Canteen - Lunch</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Kids in the Kitchen</td>
</tr>
<tr>
<td></td>
<td>Whole school assembly at 2:30pm</td>
</tr>
</tbody>
</table>

REMINDERS:

- Please label all your child’s belongings
- School Phone No: 4373 1149
I am busily trying to get a music program up and running and at this point we are locked in to Term 2. If you are yet to let me know of your child’s participation could you please do so. My email address is shane.randall4@det.nsw.edu.au. I am also working on getting Drumbala in to run a music program with the whole school and as soon as we have this in place I will let you know how we are going to proceed.

Last week we started a whole school homework program for our students. I have had several discussions with parents as to the amount of homework their child is being given. Firstly let me say that homework should never be a bone of contention at home so please, please drop in and discuss it with myself or Mrs Blair. Secondly let me clear a few things up for you. The theory behind “Go for One Hundred” is to develop a sense of responsibility in all students through the completion of homework tasks and/or the completion of extra-curricular activities around the home. Lastly, each week on Thursday night it is your child’s responsibility to bring their homework matrix to you and discuss the areas they have completed throughout the week, not on a nightly basis. I hope this helps clear up any confusion there might be.

Have an amazing week!!

Kind Regards
Shane Randall
Relieving Principal

FROM THE OFFICE

As Mr Randall mentioned, I will be sending home Statement of Accounts to all families this week. If you have any questions please do not hesitate to contact me.

You should all (except Kindy) have received a ‘Permission to Publish’ form that needs to be returned to school by this Friday 13th February.

Kind regards,
Kate Wilson
School Admin Manager

P1 CLASS NEWS

Welcome to Week 3.

Homework
All students will receive homework this week. Kindy homework has been sent home have a look in your child’s bag for a large homework book and some readers. Those students that are on a levelled reading program (level 1-30) will have readers in their bags today. Please make sure that all books are recorded on a reading log.

Class Dojo
It great to see so many parents have been taking advantage of Dojo and registering so that they can follow their child progress. Class Dojo also has a message service that some parents have taken advantage of.

Assembly
This week we are looking at Goldilocks and the Three Bears and intend to perform it on Friday at assembly (parents are welcome).

Fruit Break
Just a reminder that fruit for fruit break should be cut up as the class only gets a short 10min break to eat their fruit. It can take small hands 10 minutes to peel a ¼ of an orange. Apples need to be cut and the seeds removed also please.

Art
Donations of newspaper, magazines and plastic plates are required. If you can assist it would be greatly appreciated.

Class Helpers
Any parents that are able to assist within the class are welcome. Just contact me so that we can organise a time that is suitable.

Julie Blair
P1 Class Teacher

CANTEEN MENU

WEEK 3 – Wednesday 11th February

This weeks menu is:-

Spaghetti Bol & garlic bread + popper $5.00
Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are falling far short of the recommended hours of sleep per night that they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPads means children are getting less sleep – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep. Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviors, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

How much is enough? To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research:

- **Children aged 2-5**: 11-12 hours per night
- **Children aged 6-12**: 9-11 hours per night
- **Teenagers**: 8-10 hours per night

And adhere to these rules, advises Dr Lushington:

- “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
- “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light of the TV is on, kids can’t fall asleep – which is crazy.”
- “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
- “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”