



Orange East Public School NEWSLETTER



No.5

Tuesday 23rd February 2016



Orange East PS
Community BBQ
Thursday, 3rd March
5-7pm

Meet & Greet/Family BBQ

Firstly, a save-the-date request for our Meet & Greet/Family BBQ. We will be holding the Family BBQ on Thursday, 3rd March from 5-7pm. This will be a culminating event for this year's Meet & Greet program. This year we are going with a different format for the information sharing aspect, with classrooms open at various times throughout the week allowing parents to come in, see the classroom/students and meet teachers. This will replace the hall 'expo' that we have done in the past. The idea is for teachers to be able to share brief information and give parents/caregivers the opportunity to experience their child's class environment first hand. Please note that the open sessions are not conducted in interview format, with multiple parents able to come through in any one session and the class present. Information in the form of a timetable was attached to last week's newsletter regarding specific session times for each class and the culminating Family BBQ on the 3rd March. The timetable has also been placed on our School Stream app and additional copies are available from the front office.

Please note that class newsletters for all grades were distributed several weeks ago. Should parents/caregivers require additional information or clarification around your child/ren's class, you are also welcome to request an interview with the class teacher/s. Please contact the school office to arrange a suitable time.



Parking

Over the past weeks we have had several reports of illegal parking around the school. This includes double parking, parking across driveways and parking in no-parking areas, particularly bus bays between 8:00-9:30am and 2:30-4:00pm weekdays. While we understand that in many cases parents are very busy and parking around the school can be difficult, in the interest of our students' safety please follow the road rules around our school. I have asked local police to increase patrols around the school at these times.



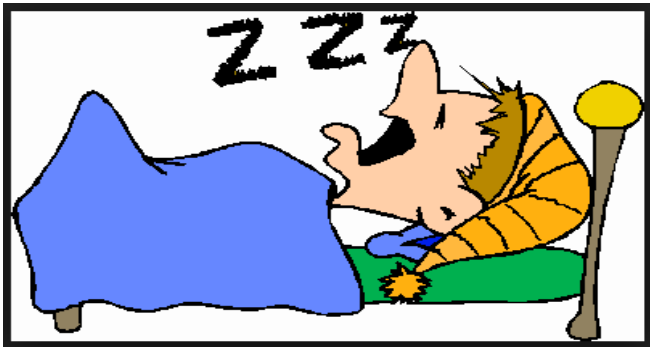
Signing Out Students

A reminder for all parents and caregivers when coming to take your child/ren home during the school day (i.e. sick, appointment, trip) that children are signed-out via the school office. The easiest way to do this is come directly to the office and notify Mrs Gold or Mrs Watson that you wish to sign your child-out. They will send for your child and complete the correct paperwork (only takes about 30 seconds). If the office is unattended, alternatively please come to the staffroom and a staff member will assist.

Reminders

- Our Friday Assembly this week is for K-2 (Infants) students. A reminder that it commences at the new time of 2:15pm.
- Swimming Carnival Ribbons: Will be presented at the Week 6 Primary Assembly (4th March)

- Lastly, a quick reminder about returning Student Information Sheets for 2016 and the attached permission slips. The prompt return of this information is vital to the school and teachers. Also, please ensure that all sections are completed and signed.



Sleep and Children

As families grapple with the challenges of modern living, one element we are seeing more and more in primary schools is students showing signs of tiredness or too little sleep. Lack of sleep has been shown to have a major impact on a number of areas relating to overall health and in particular children's ability to function successfully at school. Many are the times that I have watched a student yawn in class and sneakily asked the question, 'Did you enjoy the late night movie last night?' Often the answer is yes, sometimes it might be 'No, I was playing my ... (insert various handheld device)'. The reality is that the many pressures of today's world leave us all a little tired from time to time. That said, if a child is chronically tired there may be a number of things that can easily be adjusted or alternatively require the attention of various health care professionals. In today's newsletter I have included a few simple facts about sleep (below) and also some attachments parents/caregivers may find informative and useful. The primary sources are listed below and may prove useful for more information:

- The Sleep Health Foundation (<http://www.sleephealthfoundation.org.au/>)
- Australian Centre for Education in Sleep (<http://www.sleepeducation.net.au>)

HOW MUCH SLEEP DO WE NEED?

Sleep researchers believe there is no one magic number for 'sleep need' and there are a lot of individual differences in what children and adolescents need to sleep to be at their best. But below is a guide of the best evidence we have so far.....

- *Babies under 1: 14-18 hours throughout the day and night*
- *Toddlers: 12-14 hours per 24 hour period*
- *Primary school: 10-12 hours per day*
- *High school: 8-10 hours per day*
- *Adults: 7-9 hours per day*

WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP?

Many things can be effected when we do not sleep enough such as:

- *Behaviour - aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour*
- *Emotion - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable*
- *Planning - poorly organised, poor time managers, forgets lessons*
- *Concentration - inattentive, lack of concentration*
- *Creativity - not working at full potential*
- *Problem solving - poor behaviour control and difficulty in social situations*
- *Complicated thinking - struggles with maths, sciences, languages, abstract concepts*
- *Motor coordination - less coordination, more accidents, can be clumsier*
- *Weight - excess weight gain can be more likely with less sleep*
- *Health - poorer immune system - sicker more often*
- *Learning - it is thought that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.*

GOOD SLEEP HYGIENE CAN HELP PROMOTE GOOD SLEEP

WHAT IS SLEEP HYGIENE?

"Sleep hygiene" - this can be defined as habits that can help us to sleep or stop us from sleeping. If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- *No TV/computer games 1 hour before bed. No TV in bedrooms*
- *Monitor mobile phone use in bed*
- *No coke/cafeine, high sugar or high spicy food 3-4 hours before bed*
- *Ensure relaxing and regular bed time routine - special time with children, relaxation techniques such as breathing*

- No vigorous exercise 1 hour before bed - it raises the body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bedtimes and wake times - try and keep these regular
- Learn to relax - deal with worry and stress
- Use a sleep diary to check how many hours you are sleeping - Are you sleeping enough?
- Convince children that it is important to sleep well - Reward them for complying with bedtime rules

(Australian Centre for Education in Sleep - Dr Sarah Blunden)

I hope the information above and attached has proved useful.

Glen Bourke
Principal

School News

Staff Training

Class Effected	Course	Date
KS 3/4C 5/6C	Executive Planning (1/2 Day)	Tues, 23 rd Feb 11:40 – 3:00pm
5/6C 3/4C KS KR	Sue Larkey – Autism Course	Fri, 26 th Feb
2M 1C	L3 Ongoing Training (2 nd Year staff)	Wed, 2 nd March
KR	L3 Ongoing Training (2 nd Year staff)	Fri, 4 th March

University Competitions ~ Information and permission notes for the University Competitions are available from the school office for those students who may be interested in these competitions. The competitions are coordinated through the University of NSW and provide an opportunity for interested students in Years 2-6 to gain a measure of their own achievement in an external testing situation. Notes and money are to be returned to the school office by Tuesday 29th March. All tests are done during school hours. Costs range from \$8.80 to \$18.70 per subject.

Assembly Awards ~ congratulations to the following students from Primary classes who

received a sticker on their award sheet Jackson Sladek, Darius Thurtell, Brandon Bouffler, Isabel Tinson, Riley Dane, James Parish, Mitchell Crossman, Ebony Rawlinson, Josh Frecklington, Sophie Jones, Jai Anlezark, Hayleigh Patrick. Congratulations also to Hayleigh Rogers for completing her 50 certificate and a big congratulations to Jordana Thurtell for receiving her 100 award.

Principal Awards ~ congratulations Sam Hack, Noah Warren, Lacey Browne, Naomi Smith and Hayleigh Patrick who all received a Principal's Award.

P&C Clothing Pool ~

Clothing pool will be open each Thursday morning 8.50am and afternoon 2.55pm or by making an arranged time through the school office.

P & C News ~

AGM ~ the **AGM** meeting of the P & C will be held on Tuesday 15th March at 6.30pm in the staff room. All welcome to attend.

Dates to Remember

Tues 23 rd Feb	District Swimming Carnival
Fri 26 th Feb	Infant Assembly @ 2.15pm
Tues 1 st Mar	Eat It to Beat It Session 2.30-3.00pm
Thur 3 rd Mar	Meet and Greet/ Family BBQ
Tues 15 th Mar	P & C AGM Meeting



The simplest way
to improve the health of your kids

Come to our Healthy Lunch Box Session

Date: Tuesday 1st March, 2016
Time: 2:30pm
Venue: Orange East Public School



Eating enough fruit and veg every day can help protect your kids against diseases including some forms of cancer. This popular session run by Cancer Council NSW as part of the Eat It To Beat It program will give you:

- New and exciting ideas for healthy lunch boxes your kids will love
- A Show Bag including a great healthy lunch box kit and planner
- Simple ways to get the whole family eating enough fruit & veg

Don't miss out – register now by calling or visiting the school front office.

Eat It To Beat It