PRINCIPAL’S ADDRESS

Going to bed on time is helping children learn

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

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. Pre-schoolers 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 getting about half an hour less sleep per night than 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 iPods means children are getting less shut-eye – 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 behaviours, 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.”

Year 5/6 Camp deposit and meeting

Students in years 5 and 6 have been offered an amazing opportunity to attend a fantastic school camp this year in Brisbane. The $50 deposit to secure your child’s place on camp is due by the end of this week. Please contact the office for more information.

Kurt Goodwin
Principal
PRINCIPAL’S ADDRESS cont

We want to see as many students as possible be able to attend. To try and assist families we’d like to try to fundraise to cover the entire travel costs. This is looking like it will be between $6000 to $8000. To make this possible we need all families to be willing to help out with fundraising. We will be holding a short meeting on Friday 26th February after school parade to discuss ideas- we’d love to have as many families as possible attend and give input.

Playgroup at South—Every Tuesday

Every Tuesday morning from 9am until 11am we will be holding a playgroup at South school. All members of the community are welcome to attend with their children who are not yet of school age. The playgroup will be co-ordinated by Kelly and will have indoor and outdoor activities for children to play and socialise. Parents can come to the office for directions.

Before and After School Care

The before and after school care program run by Camp Australia has started at Gladstone South. The program runs from 6:30am to 6pm on all school days throughout the 2016 year. For more information please contact the school office or drop into the demountable building near the top oval before or after school.

School Captain and House Captain Badge Presentation

This Friday we will be presenting school captain and house captain badges on parade. Parents are welcome to attend this parade from 9am.

Ipad chargers wanted

The school is seeking any old style iphone or ipad chargers that can be used to charge the schools ipads. Over a period of time some chargers have gone missing. If you have any old chargers that are not being used at home we would greatly appreciate the donation of these to the school.

Congratulations to our Class Captains

P/1G Catherine Ignacio
P/1S Sean Gallagher
1N Gerald Paguiligan
2T Sienna Rawlings
2/3P Logan Dowling
3C Axl Benn
3/4M Tanveer Salaria
4W Rachael Hodges
4/5B Mark Tala
5C Benjamin Bell
Welcome to Week 4 – and what a flying start we have had. The students have been especially busy during their reading groups which take place every Monday, Tuesday and Wednesday. For the last few weeks students have been practising the skill of Predicting when reading.

Predicting is an extremely important skill that we use constantly in our everyday lives and if we didn’t develop and practice this skill we wouldn’t last very long. Predicting during reading is equally important – it helps us to make sense of the text, helps us to think more deeply about the text and improves our overall comprehension.

I was lucky enough to be invited along to the Boyne Island Education Centre on Friday with our Year 6 students. These students fabulously demonstrated skills such as: team work, problem solving, leadership, listening and adapting to being out of comfort zones. It was a privilege to be a part of such a fabulous day. Thank you year 6s.

Nicki Collocott - Head of Curriculum

Contact me, my address is ncoll55@eq.edu.au or alternatively my direct number is 07 4899 4322.

### Upcoming Sporting Events for Term 1 2016

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<tr>
<th>Date</th>
<th>Event</th>
<th>Trainings</th>
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<tr>
<td>Wednesdays &amp;</td>
<td>Swimming</td>
<td>During school lessons.</td>
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<td>Thursdays</td>
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<td>See Swimming note for your child’s swimming</td>
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<td><strong>Week 4</strong></td>
<td>Basketball 10 – 12 years Boys and Girls</td>
<td>Trainings will be held during lunch times.</td>
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<td><strong>Thursday 18th</strong> Feb 2016</td>
<td>Port Curtis Trials</td>
<td>If interested come see Miss Bridges in the library.</td>
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<td><strong>Week 6</strong></td>
<td>Girls Rugby League (Port Curtis) Gala Day</td>
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<td><strong>Friday 4th</strong> March</td>
<td>&amp; Selection Trials</td>
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<td><strong>Week 9</strong></td>
<td>School Cross Country</td>
<td>Trainings will be held mornings before school,</td>
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<td><strong>Wednesday 23rd March</strong></td>
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<td>for those who are interested.</td>
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<td>More information will soon be released about</td>
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COMMUNITY NOTICE BOARD

Junior Squash Superstar Program (Ages 7 - 16)

Designed to introduce juniors to squash, through a fun & interactive program. Fun, Fitness, Skills, Achievement levels

Wednesdays 4 - 5:30p.m. (27th January – 23rd March 2016)
(Beginners group available on Mondays)

Advanced Junior Squad Fridays 4 - 5:30pm by invitation

Coach Richard Williams (Assisted by Junior CQ reps)
Venue - Gladstone Tennis & Squash (Glenlyon Road)

Cost $10 per session (Discount for whole term)

Sessions designed to be fun while progressively developing skills

Please contact Richard Williams  Mob 0407 124636  aytonwilliams@gmail.com