



## WELCOME

As we head into the very busy end of the school year I want to remind parents about the importance of a good night's sleep for our students.

Children are usually tired after school and might look forward to bedtime from about 7:30pm. Your child needs about 10 to 11 hours of sleep each night. Some children fall asleep very quickly; others sleep lightly at first, moving and fidgeting before settling into a deep sleep.

While every child is different and the way they sleep will be different as well, in most children the first half of the night is made up of deep sleep. Closer towards morning their sleep will change to a lighter sleep, making it easier to wake them up.

Some children may experience more problems with sleep and settling down to sleep than others, such as children with autism spectrum disorder (ASD). A bedtime routine is very important for your child as it helps them wind down at the end of the day and settles them prior to going to sleep.

### **Bedtime Routine:**

Getting ready for bed at the same time each day is important. The predictability of going to bed at the same time each night helps children develop a positive sleep routine and feel secure. Allowing children to stay up late, even on weekends, is not recommended as it disrupts this routine.

Assist your child to wind down about an hour before bedtime by turning off the television and computer games, and encouraging quiet activities. Reading to or with your child is a great activity to incorporate into their bedtime routine.

Quietly and calming chatting about what happened during their day at school will also help your child to express any events or worries they may have prior to going to sleep.

Wake up your child up at the same time every morning. Like going to bed at the same time each night, getting up at the same time each morning establishes a good sleep habit and helps them feel secure.

### Moving Forward:

Although our ERG 2 year review has been completed, our school is still focusing on the Prescribed Improvement Plan and achieving our indicators of success. Currently the Relationships committee is reviewing our communication protocols; Teaching and Learning committee have been working on the Brightpath assessments and the operational plans for 2018; the Resources committee have been reviewing the 2017 budget and planning the 2018 budget; the Leadership committee have been working with the new AITSL leadership profile and tools and the Learning Environment committee have been working on the “high performance, high care” documents from the department. This work will continue in 2018.

## COMING EVENTS

### This Week:

- Friday 3 November
- ❖ Year 2/3 Assembly
- ❖ Canteen Day

### Next Week

- Sunday 12 November
- ❖ School Fete



---

## INTERM SWIMMING LESSONS

Interm swimming lessons will be taking place for the Pre Primary to Year 2 students during the last 2 weeks of term. Permission forms will be sent home in a few weeks. The bus will be leaving each morning at 8:50 sharp. Please ensure your child is here on time so they do not miss the bus.

---

## CYBER SAFETY PARENT SESSION

Just a reminder that our cyber safety parent session which is being run by ySafe - Social Media and Cyber Safety Experts, will be on Wednesday 29 November at 7:30pm. Please go to the following link to register for this free event; <http://bit.do/northmorleyps>

---

## VIRTUE OF THE FORTNIGHT - Patience

**Congratulations. You are practicing Patience when you...**

- Calmly tolerate a delay or confusion
- Are willing to wait for things you want
- Set goals and stick with them until they are finished
- Do something now that will help you in the future
- Accept things you cannot change with humour and grace
- Are tolerant when mistakes are made

**Recipients of this fortnight's Virtue Certificates are:**

Pre Primary	Ethan Alweyn & Tyler Dixson
Year 1/2	Harrison Bolvary & Leon Maglov
Year 2/3	Alyssa Hupping & Emina Kokorovic
Year 3/4	Aliya Srndic & Rian Balhom
Year 4/5	Erebus Mahendra & Nakita Tomich
Year 6	Heath Thompson

## Merit Certificates

Congratulations to the following students who will receive a Merit Award at this Friday's assembly:

Pre Primary	Kayden Crossland, Mila Menchetti & Ruken Daglarkiran
Pre Primary / Year 1	Alexis Stewart & Faris Abdrabu
Year 1/2	Leon Harris & Sophie Frost
Year 2/3	Ibrahim Alkhaznawi & Lucy Borshoff
Year 3/4	Andrew Hitchcock & Kylie Heneghan
Year 4/5	Karar Al-Jeyashee & Lance Nieves
Year 6	Lachlan Tulloch & Layla Pandor
Phys. Ed.	Mikaela Ticharava & Obodia Van
Art	Jamica Tran & Sasha Kordzik

## Students of the Week

Year 1/2	Kaibar Crossland & Rokayya Abbas
Year 2/3	Louis Kwok & Zakari Siljanoski
Year 3/4	Ali Abbas
Year 4/5	Jordan Herrington & Shuqi Lin
Year 6	Louis Rebeiro, Naufal Rizal, Piper Gage, Madison Wheelock and Samuel D'Amico

---

## EARN & LEARN

Thank you to everyone who collected Earn and Learn stickers in Term 3. Our school received 14,792 points from the Woolworths Earn and Learn program. These points will be used to purchase 2 Blue-Bot & Bee-Bot Docking Stations, 1 Dash Robot and 3 Xylophone Accessories. These new items will be used in conjunction with other robotic resources we have at North Morley to support our STEM program.



Blue-Bot & Bee-Bot Docking Station



Dash - Smart Educational Robot



Xylophone Accessory for Dash

---

## END OF YEAR CONCERT

The end of year concert will be on Friday 1 December at 9:00am. At this stage we have also planned a second performance at 6:00pm. We would love everyone to participate in the evening performance as well, however we appreciate that it is a busy time of year.

Please return the forms sent home with students last week, indicating whether or not you will be attending the evening performance ASAP. A decision on whether or not the evening show will go ahead will be made in week 6.

The students have really been enjoying the process of putting this production together. We encourage everyone to take part in both performances so the children have an additional opportunity to showcase their talent and hard work.

## P&C NEWS

### Canteen

The Canteen is open **this Friday** for lunch. This week's specials are listed at the bottom of the Term 4 Canteen Menu. Please have orders in by Thursday at 3pm.

Please note the change of canteen days for this term which are now are 3 November and 1 December. There is no canteen on Friday 17 November.



## 12 DAYS UNTIL FETE DAY!!!

We are very busy finalizing details for our School Fete on Sunday 12 November. We still require volunteers/donations for the following:

### Donations

- ❖ Items to fill the 'Fun Jars' Please see the poster outside of Pre Primary for inspiration.
- ❖ Cake Stall notes returned to school if you are able to donate sweet or savoury items.
- ❖ All plant donations may be brought in on Friday 10 November to the Art Centre. If you are unable to deliver to the school on this day please see admin or room 6.

### Volunteers

- ❖ Volunteers to fill rosters for each class stall.
- ❖ Flyers delivered to houses.
- ❖ Extra hands to help set up in the Art Centre on Friday 10 November between 9:00am-12:00pm.

### On the day

- ❖ Extra Hands to help set up marquees on Sunday morning from 7:30am.

The fete will take place in the Art Centre and grassed area in front of the Kindy. The following Stalls and activities will be available on the day:

Pre Loved Books	Sausage Sizzle	Scentsy	Vintage items
Fun Jar Lucky Dip	Raffle	Tupperware	Balloon Twisting
Homemade Gifts	Card Making	Wax Hands	Amber-Jade Sanderson
Wood Construction Stall	Sizzler Cheese Toast	Arbonne	Helene Offer's Plastic Fantastic
Cake Stall	Travelling Bean Coffee Van	Gelmoment Nails	Sweetnapiness - Nappy Cakes
White Elephant	Side Show Alley	Taylamade Sewing	Sweets on the Run Ice cream
Plant Stall	Vibrance Studio		

We thank you in advance for your contributions towards this event.  
We are looking forward to a fantastic day!