



6 August 2019 | Term 3 Week 3

Welcome from the Principal

Welcome to Week Three of Term three. This term is certainly moving fast! This week the junior classes are having sports practise from 2pm to 3pm on Friday. Please ensure your child is wearing the correct shoes for this.

Recently I was researching information about Sleep Patterns and came across this article for parents. It may be of help to some.

How a lack of sleep can affect your child's learning.
(by Peg Rosen, Understood: for learning and attention issues)

"Sleep problems are common in kids. That's especially true for kids who have trouble settling down or paying attention. Not getting enough sleep can affect how well kids do in school. Here are four ways lack of sleep can put up roadblocks to learning."

1. Limits Planning and Organisation Skills

Not getting enough sleep affects how kids think. It can temporarily weaken the part of the brain that manages organisation, planning, and problem solving. For example, tired kids might lose track of school supplies. So instead of doing schoolwork, they spend too much time looking for stuff. Or they might have a harder time prioritising homework and pacing themselves during tests.

2. Worsens Mood and Behaviour

Kids can get moody or silly when they're tired. They may have less self-control than they usually do and they might get frustrated or lose their temper more easily. Having a shorter fuse may cause them to give up on homework or tests. And if they lose their temper, they might end up in the principal's office instead of the classroom.

3. Reduces Focus and Attention

Studies show that when people are sleep-deprived, their brain waves lapse into brief sleep-like patterns while they're awake. That helps explain why exhausted students seem to "space out" in class. Kids who don't get enough sleep can be easily distracted. They might make careless errors and they can have trouble concentrating on schoolwork and on what the teacher is saying.

4. Hampers Memory

Lack of sleep can have a negative effect on memory. It's harder for a sleep-deprived brain to focus, so it's harder for it to remember new things. Poor sleep can also make it harder to form and remember long-term memories. Kids who are tired may work more slowly because it's tough for them to remember what they just heard or read. If they're learning new material, they may forget it by the next day.

Key Takeaways

- Not getting enough sleep can affect how the brain works.
- Tired kids have a harder time remembering new things.
- Getting more sleep can make it easier for your child to learn.

CHILDREN WITH ASTHMA

If your child has asthma, can you please make sure their puffer is in their school bag. This is most important this term as more sport is played in the school day in preparation for the faction carnival.

ALLERGY AWARE SCHOOL

As we have children in our school who have severe reactions to peanuts and nut products we encourage students not to bring these foods to school and not to share their food. It is important that we do not become complacent about this issue.

HEALTHY LUNCHES & RECESS

Are you sending your child to school with an appropriate snack and lunch? Many are coming with chips and lollies – which are great "sometimes" foods but not for school. The energy needs for a busy day at school require them to eat a variety of foods. Factors that determine the amount children eat include age, sex and physical activity level. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day which reflect the Dietary Guidelines for Children and Adolescents.

Parents and carers can support healthy food and drink choices. When making lunches at home:

- choose a variety of foods
- include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- include milk, cheese or yoghurt
- include some meat, fish, chicken, eggs
- go for 2 (fruit) and 5 (vegetables)
- choose water as a drink
- keep 'junk' food away from school.

PARENT INTERVIEWS

If your child had the Parent Interview box ticked "yes" on the Semester 1 report, please contact the classroom teacher to book a meeting time.

2020

This term marks the start of our planning cycle for our projected enrolments for next year. Unless I am told differently, in writing, I will assume your child/children are returning in 2020

MASSED CHOIR FESTIVAL

Our North Morley Primary School Choir will be performing at the Perth Concert Hall on Friday 20th September from 7:30-9:00pm. Rehearsal at Churchlands Senior High School on 27th August during school hours. Dress rehearsal will be at Perth Concert Hall on 18th September, also during school hours.

Tickets (\$25 each) go on sale at 10:00am on Monday 7th August and will be available for purchase online through the Perth Concert Hall website. Students performing DO NOT require a ticket. More information to follow.

A MAZE OF STORY

Last term 11 of our students took part in the A Maze of Stories program developing their own creative stories. This was a fantastic opportunity that they really enjoyed being a part of. These students are now published authors and their collective stories are now available to borrow from our school library. Congratulations!



Upcoming Events

Wednesday 7 August

- Canteen Day

Thursday 8 August

- Edu Dance

Tuesday 13 August

- Book Fair – Dress in Red

Wednesday 14 August

- Book Fair
- School Board Meeting 3.30pm

Thursday 15 August

- Book Fair
- Edu Dance

Friday 16 August

- Interschool Cross Country
- Uniform Shop

DRESS IN RED DAY

On Tuesday 13 August the students will be able to “Dress in Red” to help with fundraising for Telethon. Please bring a gold coin donation.

Principal's Day



On Friday the students in Room 8 surprised Ms Gibson at the assembly to celebrate Principal's Day. They read a poem and sentences they had written of appreciation. Ms Gibson was left speechless! Thank you Ms Gibson for everything you do here at North Morley Primary.

S.P.O.R.T Virtue of the Fortnight - Positive

Being positive is having confidence and belief in yourself, your choices and other people. When you are positive you:

- Are enthusiastic and try your best
- Accept responsibility for your choices
- Have a confident and friendly attitude
- Keep trying and show resilience when things are difficult
- Ask for help when needed
- Use mistakes to learn
- Are a good winner and a good loser
- Encourage others and make them feel special/accepted
- Model correct behaviour and set a good example
- Encourage others to move correctly
- Greet other people
- Represent our school with pride



Congratulations to last week's certificate recipients!

Dress in red day



Fundraising for the Telethon

Held 13 of August.



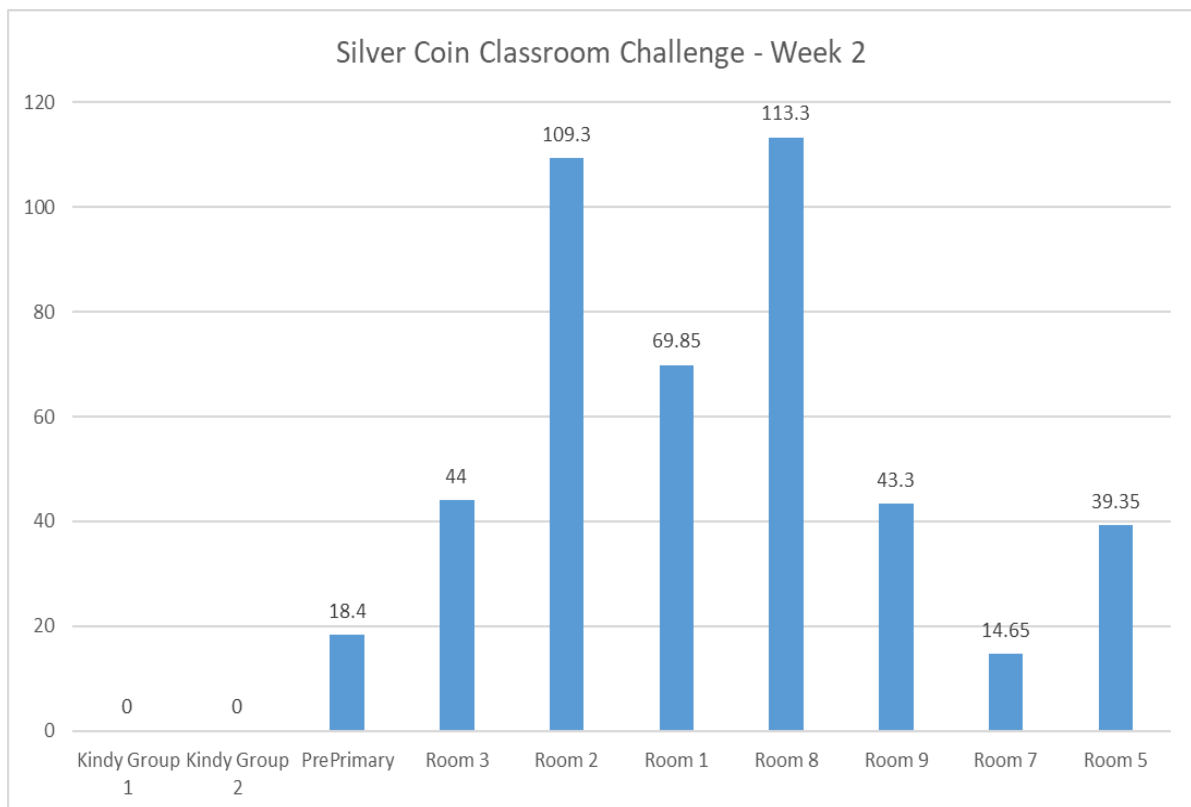
Gold coin donation!!!

You can dress fully in red or wear something red.



SILVER COIN CHALLENGE

At the end of Week 2 of the Silver Coin Classroom Challenge the totals are as follows...



There are still 7 weeks left – so it is still anyone's prize!!! Keep collecting!



VOLUNTEERS REQUIRED!

Can you help Anna in the canteen on Wednesday 7 August?

Sign up here <https://www.signupgenius.com/go/4090c45a8ab2da2f49-canteen>

Can you help Rachael with the Book Fair next week?

Sign up here <https://www.signupgenius.com/go/30e0b4fabab29a7fa7-dinomite>

BOOK FAIR

The Dino-Mite Scholastic Book Fair will be taking place next week. The opening times will be as follows:

Monday 12 August – Book Fair Preview for Students & Staff

Tuesday 13 August – Book Fair Open:

- 8:30 - 9:00am
- 1:05 - 1:20pm (*staff and students only*)
- 2:30 - 3:00pm

Wednesday 14 August – Book Fair Open:

- 8:30 – 9:00am
- 3:00 – 3:30pm

Thursday 15 August – Book Fair Open:

- 8:30 – 9:00am

Please note that this year we will not be having a dress up parade

