EVENTS AT A GLANCE

May
Monday 5  Scripture
Friday 9  Friday run
Sunday 10 Berrima School Yard Markets
Monday 12 P & C Meeting 7:30 p.m.
Tuesday 13 NAPLAN Testing
Wednesday 14 NAPLAN Testing
Thursday 15 NAPLAN Testing
Friday 16 Friday run
      Jamie Oliver Cooking Challenge
Tuesday 20 University Computer Test
Friday 23 Walk Safely to School (*Breakfast*)
      No Friday run

Thinking About Interesting Things

Over the next couple of weeks we will be including items in each newsletter on a range of topics. The aim is provide information followed by a thought provoking question. After a couple of weeks we will be circulating a survey to obtain feedback and a response to some of the issues covered by the articles.

Aspects to be covered include:

- Screen time
- Creative play
- Reading
- Homework and
- Sleep

The first article is about sleep. How much sleep do children need at the different stages of their lives.

Our thought provoking question this week:

How much sleep is my child really getting?

Additional thoughts:
Do they go to their bedroom and watch TV or play on a play-station before sleep?
Does my child read before sleeping?
Do I read to my child regularly before they go to sleep?
Sleep and Children

As any tired parent will tell you, sleep is very important – and it’s important for the whole family. When we sleep our body re-energises and through dreams our brain processes life’s events.

If we don’t get enough sleep we feel ill-equipped to cope with daily life and can become irritable and emotionally sensitive. This is true for both children and adults. Even if only one member of a family is not sleeping well, the whole household can be affected.

The hormone that stimulates growth in children increases at night, so if a child is not getting enough sleep their development can be affected.

<table>
<thead>
<tr>
<th>Newborn baby</th>
<th>16 hours</th>
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</thead>
<tbody>
<tr>
<td>3 – 6 months</td>
<td>14 – 15 hours</td>
</tr>
<tr>
<td>9 months – 2 years</td>
<td>13 – 14 hours</td>
</tr>
<tr>
<td>3 – 5 years</td>
<td>11 – 12 hours</td>
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<tr>
<td>6 – 9 years</td>
<td>10 – 11 hours</td>
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<tr>
<td>10 – 14 years</td>
<td>9 – 10 hours</td>
</tr>
<tr>
<td>15 – 18 years</td>
<td>8 – 9 hours</td>
</tr>
</tbody>
</table>

The above times are only a guide; every child’s sleeping pattern is different. If your child is happy and healthy, then it is likely they are getting enough sleep.

For a full copy of this article you can click on the link to this website or enter the URL into the address bar of your search engine.

Information Source; Kiwi Families for Passionate Parents

http://www.kiwifamilies.co.nz/articles/sleep-and-children/

Student Representative Council

The SRC held their first meeting last Friday. They are a really great group of motivated students who came to the meeting with ideas, suggestions and some complaints. Their first action was to decide upon the reward for the end of term Cygnet Award. They have decided upon extra play at lunch time which will include organized games.

Two students, volunteered to take on the role of Environmental Officers. These students will be looking for and rewarding the classes who are best at conserving energy by turning off appliances when they are not needed. This award will be presented each week at the Friday morning assembly.

Some of the SRC have also chosen to take on the task of raising money to purchase a new slippery dip to replace the current slippery dip that has cracked through aging and general wear and tear.

Other issues that were raised will be placed on the agenda for the next meeting. The SRC meets each Friday in the second half of lunch.

The 2014 elected SRC members were presented with their badges at the end of term assembly. The representatives for 2014 are;

Year 2: Raffi[redacted], and Jack[redacted]
Year 4: Sam[redacted], Sabine[redacted], and Nikita[redacted]
Year 3: Charlotte[redacted], and Tate[redacted]
Year 4/5/6: Emily[redacted] and Merryn[redacted] in addition to the school Vice Captains Courtney[redacted] and Charlotte[redacted]
Walk Safely to School

That time of year where we encourage children to think about road safety by participating in the Walk Safely to School activity has come round again very quickly. **Friday May 23.** Hopefully this year the weather will be on our side and it can take place on the designated day. This activity has a number of aims;

- Promoting fitness by walking to school
- Promoting road safety through instilling correcting road crossing behaviour
- Awareness raising of general road safety attitudes.

Walk Safely to School starts out from the New Berrima Community Centre in Sydney Street. We walk through the bush to the Berrima, Moss Vale Road and then continue up the old Hume Hwy to school. We will meet at New Berrima Community Centre at 7:45 a.m. We will leave there at 7:50 a.m. Some parents to volunteer to transport school bags would be appreciated.

When the children arrive at school we will have the usual Friday morning breakfast of cereal and juice. There will not be a Friday run that morning.

Jamie Oliver Cooking Record Attempt

On Friday May 16, students from Yrs 3-6 will be part of a record-setting attempt for the most people in multiple locations across the world, cooking the same recipe. This has been organised by Jamie Oliver for his Food Revolution Day.

Regular cooking classes will not be held that week on Tuesday 13 May and Wednesday 14 May due to the students participating in NAPLAN testing. However, they will all get together on the Friday at 11.30am to watch a video demonstration my Jamie Oliver and then to prepare his Rainbow Wrap.

There are strict guidelines for conducting the class and gathering evidence. We will have the class observed by 2 independent witnesses and it will be photographed. We expect to have some media coverage as well. Children’s names will not be recorded in the paperwork, but photo evidence will be forwarded to the Guinness Book of Records. If for any reason you do not wish your child to be involved, please let the school know ASAP.

If you want to find out more go to-  [www.foodrevolutionday.com](http://www.foodrevolutionday.com)

Should be fun!

Garden News

If anyone is interested and has room for a couple of Artichoke plants, please see me this week, as I need to dig them up and move them from the Orchard area. These are edible Artichokes, with the amazingly huge flower heads. If you don’t like to eat them, they are great Bee attractors to your garden. (this is important for your fruit trees) A gold coin donation would be appreciated.

Thanks
District Cross Country

Last Thursday a number of students participated in District Cross Country. Overall the Bong Bong team finished 2nd out of 10 schools - an outstanding result. A number of Bong Bong runners qualified for regional, which was very exciting. All the Berrima runners competed with enthusiasm, sportsmanship and finished the race with pride and a feeling of achievement. Unfortunately this year no one qualified for regional but we had more runners in each race than ever before.

P & C NEWS

MOTHER’S DAY MARKET THIS SUNDAY

Our monthly market is on this Sunday. As it is Mother’s Day we are going to have our usual Mother’s Day stall selling cupcakes and flowers. Please bring along cupcakes to sell on Sunday morning, or if you are unable to bring them on the day please call me and I can come and collect them from you on Saturday.

We would love to see Berrima school families coming along to support our stallholders on Sunday. We will also need BBQ helpers, so if you have a spare hour and are willing to help please let me know.
Megan Moore
E: moorefamily21@bigpond.com
M: 0413 482 731

P&C MEETING NEXT MONDAY (12th May)
If there are any items you would like to see on the meeting agenda please send to the P&C Secretary, Denise Howes, by this Friday. An agenda will be in next week’s newsletter.
Denise’s email is chowes1@bigpond.com.
P & C NEWS CON’T

Thanks to all those who attended the meeting on Friday about the future of the monthly markets and other fundraising ventures. We are looking into the possibility of holding 4 seasonal markets or events a year, to tie in with our garden. We also discussed the possibility of outsourcing the school markets to a market coordinator. With more research into these options we can hopefully make some decisions at the next P&C meeting about future school run events.

Student Welfare

Moss Vale SNAPS (Special Needs and Parent Support)

You are invited by Sophia Farrington to attend the next FREE parenting seminar, which is open to the local community.

SEMINAR TOPIC: "How to Help Your Child Build Self-Esteem, a Sense of Belonging and Competence".

DATE: Wednesday 7 May 2014...(That’s this Wednesday)
TIME: 7.00pm - 9.00pm
VENUE: Moss Vale Public School, Library, Browley St Moss Vale
RSVP: mossvalesnaps@gmail.com

- Q&A session
- Light refreshments provided
- Children under your supervision are welcome

This seminar will be presented by Pamela Templeton - Director of Services of Mater Dei (Inclusive School)
Early Intervention and Living Skills Program in Narellan.

It is open to local parents of any children (with special needs or neurotypical) in the Southern highlands, and it is a free event, but there are limited numbers and an RSVP is required for catering purposes via: mossvalesnaps@gmail.com

The attached flyer is about the SNAPS library - located in the Early Intervention Building, at Moss Vale Public School. There are many new books available written by leading experts in the areas of autism, ADHD and many other disabilities. These resources cover a range of parenting and teaching issues. The collection has expanded thanks to a donation from local charity KKKK. The SNAPS library is open to the public, and accessible via the school office during school term. Opening hours are Monday-Thursday 9.30-12noon.

Netty Dubokovich-Chaplain
“Speak Life”