NEWSLETTER - TERM 3 WEEK 2 - 2014

EVENTS AT A GLANCE

July

Monday 21  
Student-Led Conferences begin-Yrs 3/4 and 4/5/6  
Tennis Begins

Tuesday 22 
Student-Led Conferences con't - Yrs 2/3, Yr 1 and Kinder 

Wednesday 23 
Student-Led Conferences - Kinder

Friday 25  
Friday run  
District Athletics Carnival—Mrs Thiessen attending

Monday 28  
P & C Meeting 7:30 p.m.

Tuesday 29  
University English Competition  
NAIDOC Day-activities from 11:30am

Student-led Conferences

This week you have the opportunity to engage with your child and their teacher in discussing progress from reporting information and to participate in some goal setting for the remainder of the year. Please take the opportunity for your child to begin to take responsibility for their learning and to develop their engagement by having them have an input into the future direction of their learning.

Survey

During term 2 a number of thought proving articles were included in the weekly newsletter. There has been a positive response to these articles and as further articles become available I will include them in a future newsletter.

We are interested in gaining feedback from the articles that ran last term. The information gathered from this feedback will be added to the mix of information that assists in our planning and development stages. The survey is available both online or in a hard copy version. Paper copies are available on request from the office.

District Athletics

Students who gained places at the recent Bong Bong Athletics carnival will be taking part in the District Athletics Carnival at Erigde Park this Friday. If your child qualified Mrs Thiessen would have given you a permission note to allow your child to participate. We wish our athletes the very best of luck for their events. Please be aware all students are to make their own way to and from the venue.
PBS Conference

Last Friday Mrs Young-Whitford and I travelled to Sydney to hear Dr Tim Lewis speak on the benefits of implementing the Positive Behaviour for Success program properly. Our attendance was very beneficial in clarifying how to best implement the program so as to achieve the greatest benefit for our students and our school. The program has definitely had a positive impact on improving the general behaviour of students.

When the additional information gained last week has been reviewed it will be added to our PBS implementation plan. Details of these elements will be discussed at a P & C Meeting for feedback and adaptation as necessary. The outcome from this point will then become a further element of our overall Strategic Planning for the following 3 years.

Payments Due

Laptop Contribution - $150.00

Cooking Classes - Students in Yrs 3-6 have been invoiced for Term 3 at a cost of $15.00. Generally the cooking class levy is $30.00, however due to Mrs Hebbard taking long service leave from Week 5 the students will not be cooking every week.

Voluntary Contribution: as per invoice

Canberra’s National Zoo and Aquarium Excursion: Yrs K - 2, $32.00.

Thank you to those parents who have already paid. Your financial support allows the school to purchase various requisites for your child/ren and also helps maintain equipment such as laptops and iPads.

BOOK CLUB & BOOK WEEK

In Week 6 we will celebrate Book Week with other schools around Australia. For the last month Mrs Newey has been reading the books shortlisted for the overall ‘Book of the Year’ to all students in library lessons. The winners of this prestigious title will be determined by Book Week this year.

On Tuesday in Week 6 we will be having a book parade. This year’s theme is to come dressed up as your favourite Book Character. After the parade there will be a book fair in the library. At this time parents, students and families will be invited to purchase books in the library at heavily discounted prices. Sales on this day will enable the school library to purchase more beautiful books for our children to borrow. More information about book week activities will be coming out in future newsletters.

Excursion

This term, on Wednesday 13 August, students in Kinder, Yr 1 and Yr 2/3 will be travelling to Canberra to visit the National Zoo and Aquarium. The students will have the opportunity to be up close and personal with creatures great and small whether it’s feeding a white lion, holding a snake or making friends with the giraffe. To make sure your child has this experience please complete the excursion permission note and the indemnity form. The indemnity form will be kept at the National Zoo and Aquarium Centre for their records.
STUDENT WELFARE:
A follow up from information on “SLEEP” that Mr Ryan provided last term in the newsletter.
Excerpt from Laurie Dupar-Psychiatric Mental Health Practitioner.

Sleep is more important than food-(that is if the science I read is accurate!) It’s true that a well-balanced diet rich in protein will benefit our overall energy and provide the longest lasting fuel source for our busy bodies and brains. However, a person can go without food for many days and survive. Within a day of having a bad night’s sleep, we start to experience drowsiness, difficulty concentrating, less patience, decreased accuracy on tests, impaired judgment, memory challenges and a lessening in the functioning of our immune system to name just a few. Go without sleep for ten days, and you are likely to die. I am convinced that if sleep weren’t essential to our overall well-being we would have evolved out of it ages ago.

It’s hard to eat healthy when we are sleep deprived. When we are tired, our intention or determination to eat healthy is shaky at best. Simply put we don’t have the energy to shop, plan and prepare nutritious foods. Add to this the impulsive symptoms of ADD around food choices and our best intentions for healthy eating never make it through the kitchen door. In fact we may even gain weight and feel hungrier as our tired mind seeks out easy to get sugary and carb-filled food because they are metabolized the fastest and will satisfy our exhausted brain.

Sleep is when our physical body regenerates and our hormonal and immune systems are restored. Without sleep, our body cannot mend itself. Wounds will not heal, muscles worn by exercise cannot repair, key neurotransmitters essential to our overall and optimal brain functioning cannot be replenished. In fact ADHD medications are not as effective when poor sleep is involved because the unrested brain has not had a chance to restore its neurochemical balance. Our ability to fight infections and ward off illnesses is significantly decreased. Ever try to head out to the gym with a head cold?? There is also evidence that sleep deprivation will negatively affect our digestion and increase our stress hormones.

Lack of sleep dumbs you down. Sleep plays a critical role in thinking, learning and memory. Consistent, adequate sleep is key to being able to perform at our best academically or for that matter any task that requires memory and accuracy. Bluntly, lack of sleep interferes with attention, alertness, concentration, reasoning, and problem solving. This makes it more difficult to learn efficiently. Without sleep our memories can’t be consolidated and you can’t remember what you learned or experienced during the day. Just imagine trying to do well on a test or that report to your boss when your mind wasn’t able to fully absorb the information from the day before and your thinking is fuzzy.

You are less likely to feel like exercising when you are tired. Admittedly, sleep and exercise are intricately entwined. Research has shown that when we exercise we sleep better. However, when we don’t sleep we are not able to utilize or produce serotonin for our brain. Without enough of this neurotransmitter, we may experience depression or anxiety or both. Neither of these common co-existing conditions with ADD are very motivating when it is required to put one foot in front of the other and head out the door for a brisk walk.

If you are not sleeping well, here are a few key ways to maximize your pillow time:

Turn off screen electronics at least one hour before bed.

Develop a bedtime routine that helps the body and mind prepare to shut down for the day. This might include bathing, changing into pyjamas or reading.

Create the most ideal sleep conditions. Cool rooms and warm blankets are more conducive to sleep. Keep the room dark and consider adding white noise in the background if your mind tends to not want to shut off. Pay attention to physical distractions that might interfere with sleep such as uncomfortable mattresses, scratchy sheets or tight fitting sleep wear.

Get up at the same time (or within an hour of that time) every day...including weekends and holidays. Although we would love it to be true, we can’t make up for lost sleep and “sleeping in” on weekends deregulates other areas of our lives that plays havoc with such things as when to eat, exercise, take ADHD medications, etc.

Netty Dubokovich- School Chaplain – “SpeakLife”
**SCHOOL BANKING**
Questions: Contact Ros Caddy
Mobile: 0400 046 9575

**Get involved in the School Banking program.**
You can get involved in the School Banking program by opening a Commonwealth Bank Youthsaver account at any Commonwealth Bank branch, over the phone on 13 2221 or via NetBank if you are an existing customer with NetBank access.
Remember to take in identification for you and your child (driver's license and birth certificate). You will receive a Dollarmites wallet and deposit book that your child will use to participate in the program.
When your child makes their first deposit at school they will earn their first Dollarmites token and our school will also receive $5 commission. Thank you for supporting our school and helping teach your child the benefits of saving regularly.

**School Banking Day Reminder.**
Don’t forget that Wednesday is School Banking day and students should bring in their weekly deposit.
For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.
Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at Berrima Public School.

![Image of a character]

**Mittagong Blue Light Disco**

**Venue:** Mittagong RSL
**Date:** **Saturday 26th July**
**Times:** 4pm to 6.30 pm
**Cost:** $5.00 per child 4 – 14 years
Parents and children under 4 free.

LET’S dress to impress in our favorite **ONESIE** outfit for the Blue Light...

If you don’t want to that is fine as well, just come and dance along it’s a fun filled afternoon.
Staff at Berrima P.S. are trying to evaluate community feeling, values and attitudes on a number of issues. This survey is anonymous so please answer as truthfully as possible. If you have more than one child at the school just consider one.

**Please circle the closest answer.**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Somewhat Agree</th>
<th>Undecided</th>
<th>Somewhat Disagree</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don't give my child too much screen time, (TV and electronic devices).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I give my child screen time in their bedroom, (TV or electronic devices).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child has a set and consistent bedtime.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child gets enough sleep.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I read to my child each day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I read and value reading.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child has too much screen time on school days.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child has specific jobs/chores which they do regularly.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child often seems tired and unfocused.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child sees me reading.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child does their homework independently.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child benefits from extra-curricular sporting or creative activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My child and I argue about doing set homework tasks.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>