Newsletter
Drouin West Primary School
‘Nurture, Enrich, Inspire, Achieve’

Issue 29/16  Hours of supervision:  8.45am—3:45pm  14th September, 2016

IMPORTANT DATES AND EVENTS TO REMEMBER:

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Lunch orders and Student Banking</th>
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<tbody>
<tr>
<td>Fridays</td>
<td>This week assembly will be held at 2:15pm in the multi-purpose room. Parents/guardians/carers and interested community members are most welcome to attend.</td>
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<td>Friday</td>
<td>September 16th</td>
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<td>Last Day of term 3.</td>
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<td>Footy Day— Come dressed in your footy clothes. If you are not having a Hot Dog lunch then please remember to bring a gold coin donation. All profits go to the State Schools Relief Fund, who assist families in need. Helpers are needed on the day to prepare the lunch. If you can help that would be wonderful. Please let the office know if you are available.</td>
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<tr>
<td>Monday</td>
<td>October 3rd</td>
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<td>First day of term 4</td>
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DON’T MISS OUT ON YOUR FREE ICY POLE
Icy poles will be available for purchase again in term 4. Be ready for the warm weather and pre purchase your tokens. 10 tokens for $5
Every student that orders icy pole tokens VIA QKR THIS week ready for use in term 4, will receive an extra token for free.

Super ‘B’ Award Winners
Super ‘B’ award winners for week 9, term 3

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<tr>
<td>F/1A</td>
<td>Ashleigh</td>
</tr>
<tr>
<td>F/1B</td>
<td>Holly</td>
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<tr>
<td>1/2A</td>
<td>Cooper</td>
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<tr>
<td>2A</td>
<td>Holly</td>
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<tr>
<td>3/4A</td>
<td>Year 4’s</td>
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<tr>
<td>3/4B</td>
<td>Year 4’s</td>
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<tr>
<td>4/5A</td>
<td>Year 4’s</td>
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<tr>
<td>5/6B</td>
<td>Jayden</td>
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We are at the end of another very busy school term and look forward to a school holiday break and plenty of sunny days ahead. I hope you all can enjoy some extra special time with family and friends and keep safe over the holidays. I have a number of major spring cleaning tasks ahead and will enjoy going for long walks in the sunshine with my dogs these holidays.

I was reading an article titled, “How to alleviate the epidemic of sleep deprived students in your school” by The Sleep Connection recently and it got me thinking about the significance of ensuring we all get enough sleep. This is part of the article published in “The Positive Times”, which is an online newsletter with some very interesting articles which may be of interest.

Why is sleep deprivation such an issue?
Sleep, nutrition and exercise are core pillars of a healthy life, but sleep will impair function fastest if you don’t get enough:
- Learning and academic performance: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.
- Emotional and mental health: studies show children who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem.
- Behaviour and decision making: sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents.
- Body systems: sleep deprivation affects children’s physical growth, brain development, immune system and plays a key role in weight gain.

Why are our children not getting the sleep they need?
The majority of child and adolescent sleep problems fall into four categories, though for many people a combination are at play.
- Insufficient sleep: This is the most common sleep problem influenced by lack of understanding of the importance of sleep and hours required for optimal functioning. This combined with a busy lifestyles and the drive to be socially connected means sleep becomes undervalued and a low priority. Together this means children are simply not getting enough sleep for optimal physical and mental health.
- Psychological Insomnia: Is a common problem reported by adolescents. This includes difficulty initiating sleep, difficulty maintaining sleep, waking up too early and non-restorative sleep causing significant distress or impairment. The cause is often anxiety, depression or stress. Or it could be that they cannot switch off their brain from thinking and let go of the day.
- Delayed sleep phase disorder (DSPS): Also known as “late body clock” or “night owl”. This can be generally defined when the teen’s sleep is delayed by more than 2 hrs of the desired time. They have difficulties getting to sleep, being more awake late at night and sleepy in the morning. This creates difficulties getting up at the appropriate time in the morning and they may describe feeling permanently jetlagged. This body clock preference in adolescence is a mix of biological factors, further exacerbated by lack of parental monitoring, academic and social pressures and the use of electronic devices.
- Snoring and Obstructive Sleep Apnea (OSA): Loud and regular nightly snoring is often abnormal in otherwise healthy children. Sometimes it is a sign of a respiratory infection, a stuffy nose or allergy. In more serious cases it can be a sign of obstructive sleep apnea (OSA). This is caused by an obstruction of airflow when breathing, causing a lack of adequate oxygen supply to the brain. In children this is most commonly due to enlarged tonsils and adenoids but may also be influenced by factors including obesity and small airways.

How much sleep do our children need? 
Dr Chris Seton from the SleepShack says the best way to judge how much sleep a child needs is to assess whether it’s “enough for them to wake spontaneously – meaning without an alarm clock – on most mornings and avoid tiredness during the day at least until the last hour before bedtime”.

The National Sleep Foundation recommends:
- Preschoolers (3-5 years old) : 10-13hrs
- Primary School Aged Children (6-12years old) : 9-11 hrs
- Teens (13-17 years old) : 8-10 hrs

What can we do to raise awareness?
The first step is to create an awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives.

The following are some practical sleep tips from the article:
1. Prioritise your sleep and create a regular sleep/wake routine.
2. Improve your time management skills.
3. Clear your mind by setting aside thinking and planning time prior to winding down.
4. Have a one hour break between study and sleep.
5. Have a one hour break between electronic devices and sleep.
6. Keep your bedroom an electronics free zone.
7. Keep your bedroom dark, quiet & the right temperature for sleeping.
8. Expose yourself to bright light in the morning and dim light at night.
9. Keep pen and paper beside bed to write down anything that pops up in your mind that may concern you and keep you awake if you don’t write it down.
10. Choose healthy food and drink and avoid caffeine at least 6 hours before bed.
11. Exercise daily, but not too close to bedtime.
12. Have a relaxing pre bed wind down routine.
13. Limit weekend sleep ins.
14. Get rid of the snooze button.
15. Don’t lie awake in bed feeling stressed or frustrated. Try to do something to calm down and then give sleep another go.
From The Principal’s Office continued

Parent/Teacher Interviews this week
Hopefully parents wanting to catch up with their child's class teacher have been able to come in for a chat this week.

Year 4 Camp Nayook
What fantastic weather we had for the year 4 camp last week! Students were given opportunities to explore the make boats out of natural bush materials and float these down the Tooronga river, visit Tooronga Falls, go caving and rafting, find out about and handle the reptiles, learn about sustainable practices, handle the guinea pigs and contribute to a range of community camp projects.

Thanks again to the staff and parents who assisted and supported students on this adventure camp.

Our new Building...Progress Report
We are getting closer…
We still need volunteers to:
• put a final coat of paint on the doors and surrounding architraves
• fill nail holes and touch up skirting before the carpet is laid during the holidays.

We have all the paint and equipment needed. Please can you let me know if you can help at this final stage.

Families with children in Years 5 to 8 are encouraged to take part in the new Victorian Maths Challenge, a fun way to explore the links between mathematics and real-world situations.

Modelled on the hugely successful Victorian Premier’s Reading Challenge, it provides a range of captivating mathematical experiences that children and their families can participate in together.

Making paper planes, constructing and measuring paper towers, building boats and strategy games are among the eight exciting online challenges designed to make maths engaging for students and their families.

Created with the Mathematics Association of Victoria, the activities are linked to the curriculum and are devised to promote problem solving, increase confidence and boost participation and performance in maths.

Each activity comes with an instructional video and explanation of mathematical concepts and terms. Families can take on as few or as many challenges as they like and work together to find their own solutions. They can even share their responses, reflections and solutions online.

The Challenge is open for 12 weeks until 29 November 2016. To get involved and find out more, see: Victorian Maths Challenge

Footy Day, End of Term Assembly and Footy Day
Parents are reminded that we will have our Footy Day on Friday this week. Orders for the special lunch have closed. Students are invited to wear their teams footy colours. Students who have not ordered a lunch are asked to bring along a gold coin donation if wearing footy colours.. Funds raised from the day will go to support the work of State Schools Relief.

Early Dismissal
We will have a short lunch break and start assembly at 2:15pm on Friday, ready for a 2:30pm dismissal.
Happy Birthday !!!!!!

Happy birthday to the following students who will celebrate their special day during the weeks of Monday, 12th September to Sunday 2nd October.


Christmas Child Shoe Boxes
Don’t forget to come and buy your shoe box before the end of term, so you will have the school holidays to fill it with lots of interesting things.

Don’t forget to also pay your $9 shipping on the Samaritan’s Purse website so that you can track which country your box ends up going to.

Old Gippstown
Presents
PIRATES of OLD GIPPS TOWN

Date: Sunday 2nd October
Time: 10am till 2pm
Cost: $5 per person
Bookings Essential Call 5127 3082
or book athttp://www.Booking.com

Great Day out for all Ye PIRATEs

Find the Treasure Chest
To win a Prize

Face Painting
Pirate Games
Showbags
Tattoos
Rides

Live Entertainment by
Frantic Events DJ JimmyD

Lilyland

Wheely is a boy. What he looks like: he has a shiny red colour. His eyes are blue and he has black wheels. He is in love with Princess Lily of Lilyland.

Evilone is the evil wizard. He is dark blue with light blue eyes. He has a wand.

Mr. Good is another wizard who is good and helps the King. He is also blue and he has a wand.

Stripes is the name of the dragon who works with the evil wizard. He is black and has black eyes.

Evilone captured Princess Lily and took her away. Wheely and Mr. Good went to save her and bring her back to the King. It was a hard job but they won and Princess Lily was very happy. Wheely and Mr. Good took Princess Lily back to the King. The King was so happy he ordered a huge celebration.

By Mia 3/4B
DAIRY FARMERS EDUCATION ASSISTANCE FUND

Closing date for applications 18th October 2016

- Do you own an operating dairy farm?
- Are you a share farmer on a property primarily operating as a dairy farm?
- Do you hold a lease for an operating dairy farm?
- Do you work as an employee on an operating dairy farm and this is your main source of employment.

If you fit into one of the above categories please come to the office and collect an application form for the government Dairy Farmers Assistance fund.

The government have set up a fund to support Dairy Farmers with the expenses associated with education for their children.

Free IcePacs

For use in your Esky. These are available at the office while stocks last.

RAFFLE TICKETS ARE AVAILABLE FROM THE SCHOOL OFFICE AT $2 EACH.

2016 Annual BREAST CANCER fundraiser

Tickets On Sale Now

Fashion Parade
Best Dressed Pink Lady
Guest Speakers
Stall Holders
Raffles & Giveaways

Only $25 Per Person

Monday 17th October 10am - 2pm

Warragul Sporting & Social Club (Downtowner)
55 Victoria Street Warragul ph: 5623 1520