School Leaders
Congratulations to our new school leaders and their families who were involved in the Leaders Induction Assembly on Friday.

P&C News
Thank you to everyone who attended our first P&C meeting on Monday evening. It was lovely to meet some new parents and enjoy the delicious supper and cakes provided. It was a great turnout and a wonderful start to our P&C year with several new members paying their membership fee.

P&C Annual General Meeting (AGM)
The 2013 P&C year comes to an end at the end of March with the AGM being the last meeting of the year. The AGM will take place on Monday 7 April at 6.00 pm in the School Library. As well as presenting the Financial Reports for 2013, voting for the 2014 P&C Executive and Sub-Committees will take place. All positions have been declared vacant and everyone is very welcome to nominate for a role. No experience is necessary as all training will be given by the outgoing person. The whole school community is very welcome to attend the AGM, although I especially encourage all 2013 financial members come along and exercise their right to vote (which includes those who joined on Monday night).
**150 Year Celebrations**

*A fete questionnaire* has come home with this Bulletin so that you may express interest in helping to stage this exciting 150 year commemorative event. Even if you can only help out in a small way, we encourage you to fill out the form and return it to the P&C post box in the office foyer. Getting involved is a great way to meet new parents at the school and to get to know the friends of your children.

Verity Currey  
P&C President  
0421 599 458

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**WANTED**

If you have some spare gloss paint could you drop it off at the canteen so we can repaint the shelves.  
Thank you

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**K-2 Class Awards Week 4**

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<tr>
<td>K/1B</td>
<td>Grace, Jazmin</td>
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<tr>
<td>KM</td>
<td>Silas, Talea</td>
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<tr>
<td>KG</td>
<td>Ngawai, Aurelia</td>
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<td>1M</td>
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<td>1D</td>
<td>Austin, Isabella</td>
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<td>2L</td>
<td>Kira, Cooper</td>
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<td>2C</td>
<td>Laird, Amelia</td>
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Class of the week—KM  
Playground Award—Skyler

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**School Voluntary Contributions**

Contributions have been set at $40 per family for the year. These contributions go towards helping with classroom resources. Payments can be made at the office. Thank you

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**Callaghan College Wallsend Campus CAPA and GATS Classes**

CAPA and GATS Class Application forms are now available for Year 6 students who would like to apply for these classes for Year 7 2015. These forms are available to download from the website,  
[www.wallsend-h.schools.nsw.edu.au](http://www.wallsend-h.schools.nsw.edu.au),  
under the Students tab, then Transition.  
If you would like to submit an application, please read carefully and take special notice of due dates.

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**The Waratahs JRUFC**

www.tahsjuniors.rugbynet.com.au  
The Waratahs are a leading Rugby Club in the Newcastle area with a proud history and tradition within the Club. We are recruiting players for the 2014 Season both boys and girls (girls up to u/12). **BRING YOUR MATES!**  
**Registration Fee**: $50 per player (Incl. Shorts, Socks and Training shirt.)  
**Registration day**: Saturday 8th March 2014 from 9.00 am to 1.00 pm at Waratah  
**Location**: Waratah Village - shopping centre  
Or forward your contact details to: Kate Gunn - 5gunns@live.com.au  
(M) 0432706183

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**Canteen Roster**

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<thead>
<tr>
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<th>Date</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>6 March</td>
<td>J Sparks</td>
</tr>
<tr>
<td>Friday</td>
<td>7 March</td>
<td>D Williams</td>
</tr>
<tr>
<td>Monday</td>
<td>10 March</td>
<td>R Ervine, A Campbell, T Goode</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11 March</td>
<td>K Ellis, V Buchanan</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12 March</td>
<td>K Mavridis, K Carr, J Sparks</td>
</tr>
</tbody>
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INSIGHTS—reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda. Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being. The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning. Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns.

Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. **A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. **A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. **Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. **Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle). With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.

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**Friends For Life Program**

**9 - 11 yrs old**

The Friends for Life Program is for kids 9-11 yrs old who have difficulty regulating their emotions. Especially the tricky emotions like: Worries, Anger, Frustration and Sadness.

The program is helpful for

- Reducing Anxiety, Sadness & Anger by finding ways to deal with these emotions appropriately
- Increasing Self Esteem & Self Confidence & Resilience
- Reducing Bullying Issues by Building Positive Peer relationships

The program will run on Tuesday Afternoons after school from 3:30—5pm for 10 weeks, starting Tuesday March 18th 2014 At Jesmond Neighbourhood Centre, 44 Mordue Parade Jesmond (next to Stockland mall shops). The group will break for 2 weeks during the school holidays and recommence week 1 Term 2 and finish on Tuesday June 3rd 2014

Light afternoon tea provided

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Contact Alison Hegerty Ph: 49798502
(Adolescent Counsellor)
for more information and to register your place in the group. (Numbers are Limited)
2014 International Competitions and Assessments for Schools (ICAS)
Permission Slip

I give permission for my child ........................................................................to participate in the following 2014 International Competitions and Assessments for Schools (ICAS).

All students receive a certificate and an individual student report indicating which questions they answered correctly and their score compared with the rest of the students tested. The certificate and individual student report are also suitable for your child to include in a portfolio.

Please return the permission slip and entry fee for selected competitions by Monday 7 April 2014. (NO SLIPS OR PAYMENTS WILL BE ACCEPTED AFTER THIS DATE.)

□ Computer Skills—20 May 2014 ($8.00)
□ Science—4 June 2014 ($8.00)
□ Writing—16 June 2014 ($17.00)
□ Spelling—17 June 2014 ($11.00)
□ English—29 July 2014 ($8.00)
□ Mathematics—12 August 2014 ($8.00)
□ All of the above ($60.00)

Please find enclosed $................................................................entry fee.

I understand that there are no refunds if my child does not attend school on specified dates.

Signature of Parent/Guardian ..............................................................................

Date ........................................

EASTER LUNCH TUESDAY 8 April

A special Easter Feast lunch will be held on Tuesday 8 April.
If you would like to order please fill in the form and send back no later than Friday 4 April.

NO OTHER HOT FOOD WILL BE AVAILABLE ON THIS DAY

COST $6.00

Lunch will consist of

fish pieces □
potato balls □ easter eggs □
tartare sauce □ tomato sauce □ sweet & sour □
apple juice □ orange juice □ water □

Name:-------------------------------------Class:------