Wadalba Community School
Progress with Pride

Creating a quality learning community through opportunity, innovation and participation

**PRIMARY NEWS**
**TERM 4, WEEK 3**

**Gold Awards**
Can all students who have earned 3 Silver awards please bring them to school as soon as possible to receive their gold award at the end of year assembly. The cut off for this will be November 28th.

**Leaving in 2015?**
Sometimes we must bid farewell to some of our Wadalba families as they relocate in other areas too far to travel to our school. If you may be moving on to another school next year please let the office or your child’s teacher know as we are beginning to plan for next year.

**Life Education**
It is finally happening! Healthy Harold is visiting Wadalba! The students may not really know much about Harold yet but I’m sure many parents remember the wonder of looking at the stars on the van roof, listening to Tammy the mannequin discuss the body and trying hard to work out just how Harold is moving around out the front of the class. Please don’t forget to return your $9 and notes by October 23rd so your child doesn’t miss out on the fun. If you need another note you can print one straight from the Primary section of our website.

**Upcoming Excursions/ costs**
It is getting closer to the end of the year with the opportunity for your children to participate in lots of extra activities. The notes for these have may not gone out to students yet, but many of these are at a cost to families so we are trying to give plenty of notice.

**Life education-** $9 due Oct 23rd (see above)

**Movie reward day** for children who have not been in the infringement book - $15 due Dec 2nd

**Cake Day-** 10c-$1 on Nov 12th

**Yr 5-6 Mingara Fun Day-** $16 due Dec 3rd

**Kinder Orientation**
Our soon to be newest and youngest Wadalba students of 2015 are coming for their first visit on Wednesday. We have many new families starting at Wadalba so please say hi and make them feel welcome if you are at school that day.

**Swim School**
60 primary students have been attending intense swimming lessons every afternoon for the first two weeks of term. The students have been learning all about water safety. They have been broken up into smaller groups and been taught survival skills such as floating on their backs, back sculling and refining their swimming strokes. On the last day, we were super excited to be able to wear our pyjamas in the water. This was so that we could feel what it was like to fall into a pool fully clothed and how to take them off in the water to enable us to swim or float to safety. All students should be very proud of their behaviour and efforts whilst attending swim school. Just in time for summer!

_Danielle Green_  
Classroom Teacher
Dates to Remember

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<th>Event</th>
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<td>Kinder ‘Getting Ready for School’</td>
<td>22nd Oct, 29th Oct, 5th Nov, 12th Nov</td>
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<td>Life Education Visits</td>
<td>27th Oct to 30th Oct</td>
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<td>Cake Day K &amp; 4A to provide cakes</td>
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<td>Rewards Movie Day</td>
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<td>Yr 5-6 Mingara Fun Day</td>
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<td>Presentation Morning</td>
<td>15th Dec</td>
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<td>Last Day of School for students</td>
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TERM 4 Assembly Roster

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Ms Roxanne Sanday
Relieving Deputy Principal
Sleep and kids' mental health

Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort (1), and the rates are higher in early childhood.

It makes sense that sleep and a child’s mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and researcher with the Centre for Community Child Health at The Royal Children’s Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you’ve already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques (‘just five more minutes’, wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (eg lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so wide-spread.

“There’s most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals,” she says. “There’s definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain's production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritised.”

It’s really important to put a good night’s sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole family will be at their very best, mentally and physically.

4/5s asked the question “what places in our school are germy?” We used the resources in our high school laboratory to help us answer this question. We put different types of germs on agar plates which are plastic plates with a type of seaweed in them. You put the germs on the seaweed and wait for them to grow. We got germs off the fish tank in the laboratory, people’s feet, pens, the toilets and lots more! 4/5s has had tons of fun. We can’t wait to see the germs after they have grown!

By Daniel Withers, Sophie Miller & Luke Burton