Dear Parents, Carers and Community Members,

We have recently installed a collection box just inside the administration door of our office. This is a secure box where students and parents can drop off forms and money for excursions, book club orders or any other paperwork or money that needs to be handed in to the office. Please ensure that if you are dropping off money it is in a sealed envelope and clearly labelled with your name before you put it into the box.

Is your child getting enough sleep?

As students start to complete their first lot of assessment tasks for the term I would like to take this opportunity to remind parents of the amount of sleep children require in order for them to function properly. The Sleep Health Foundation recommends the following hours of sleep each night:

- 3 - 5 year olds: 10 to 13 hours
- 6 - 13 year olds: 9 to 11 hours

Much research has been conducted into the effects of lack of sleep on children and most studies agree that lack of sleep can:

- Lead to poor concentration and lower grades at school;
- Cause an increase in inappropriate/poor behaviour.

Sleep problems in teenagers are associated with an increased risk in other disorders such as depression and risk-taking behaviours, therefore it is important to set good sleep habits while children are young.

Sleep Tips

1. Maintain a regular and consistent sleep schedule.
2. Have a relaxing bedtime routine that ends in the room where the child sleeps.
3. Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark – and without a TV or screen.

Until our next newsletter…. Jessica Wertz, Principal

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**Wednesday 2nd March, 2016**

School Office hours:
Mon – Thurs 8:30am to 3:00pm

School Watch: 13 17 88

P&C Association Meeting is held once a month at 6:00pm
President: Andy Grainger
Next Meeting: Wednesday 2nd March 2016

**DATES TO REMEMBER**

Mar Wednesday 2nd
P&C Meeting

Mar Tuesday 22nd
Celebration of Learning & Harmony Day

Mar Tuesday 22nd
Easter Bonnet Parade

Mar Thursday 24th
Cross Country / Last day of Term 1

Mar Friday 25th
Good Friday Public Holiday

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Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime - Maimonides
Prep & Year 1 News – Ms Vallis

Week 6 is already here! Congratulations to Caleb who obtained 100% in his spelling test on Friday, great work Caleb!

Children are rewarded daily for great effort, trying their best, staying focused on their task and listening well during lessons. Eden has already received two full sheets of stickers (40 stickers) which is fantastic.

This week we’re continuing our presentations in History and English. For presentations: The Preps are speaking about their photos from the past in History, while the Year 1’s are writing about them as well. In English, the Preps are speaking about their favourite picture book, while the Year 1’s are writing about them as well.

It would be a great help to the students if you could listen to them practise their History and English presentations at home, so that they’re much more confident and at ease when they give their talks in front of their peers. They need to speak loudly and clearly, and not too quickly, so that everything they say is easily understood. They need to greet the class, say what their presentation is about, and then speak for 1 minute on the topic. These presentations will continue all through their years of schooling, so to commence the process well will ensure the students are well-rehearsed at this early stage in their education.

Year 2/3 News – Miss Carvill

This week in science we have been learning all about the life cycle of plants. So this week we thought it would be fun to plant our own seeds. We planted our seeds on Monday and we are excited to see how much they will grow over the week. We are also excited to see which students have a bit of a green thumb and produce the healthiest and biggest sprouts.

In other news this week we had three students who reached 25 nights of reading! These students have read every night since we commenced the reading logs. These three students also all moved up at least one reading level when they were tested last week. It just goes to show that hard work both at home and at school pays off. I wonder how long it will be before other students start to reach 25 nights. I hope to see every student reading each night this week.
Yr 4/5/6 – Mr L’Orange

Last week students finished writing their persuasive arguments about whether homework is a good idea or not. Some of them nearly had me convinced but luckily I came to my senses and homework will continue on! 😊

This week the class has started their new unit of work looking at short stories and narratives. By the end of the term students will be writing their own. I look forward to reading them.

At the end of last week our fantastic school leaders went to a leadership camp in Holloways Beach. They worked with other students from around the area to practise their leadership skills. They did workshops, activities and problem solving which will definitely come in handy during the year. I have no doubt they were fine ambassadors for our school.

Parents could you please remind you child that homework, especially reading, should be kept up every night. It is important that they continue to grow as a reader.

Have a great week.

OSHC NEWS

Making spinach & cheese quiches

Local super heroes!

Wet day Friday!
March Tuckshop Menu

LUNCH SPECIALS: $3.50

MON  Chicken & Cheese Toastie  Ham & Cheese Toastie

WED  Make your own Taco  Ham & Cheese Toastie

FRI  Fish & Curly Chips  Ham & Cheese Toastie

SNACKS: $1.00
Fruit Smoothie Drink (Ms Mary’s Berries)
Fruit Cup
Bunny Box (Carrot Sticks, Cheese, Apple, Ham)

SNACKS: 0.80c
Popcorn
Cheese & Crackers
Chessey Twists
Fruit Kebabs

FRESH FRUIT: 0.80c
Apple Slinky / Watermelon / Grapes

DRINKS: $1.50
Popper Juice - Apple / Tropical
Milk - Chocolate / Strawberry

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