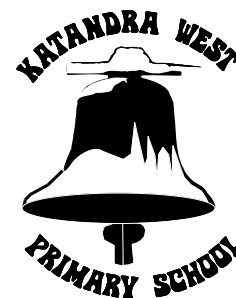


Katandra Weekly



17-27 Bankin St, Katandra West, 3634
Phone: (03) 58283350 Fax: (03) 58283512
katandra.west.ps@edumail.vic.gov.au

No: 32 Wed 15th October

Principal: Angela Buxton



DOOKIE CLUSTER DAY

Last Friday was a fantastic day at Dookie College for our Mental Health and Wellbeing Cluster Day. The students did a range of activities including making stress balls and having sessions on cyber-bullying and bullying. A highlight was definitely having Paula, from Victoria Police speak to the children about cyber safety.

OCTOBER

- Wed 22nd — School Review
- Thurs 30th — T-Blast Cricket
- Thurs 30th Prep Extended Day & 1/2 Sleepover
- Fri 31st—A Day for Daniel (Yr 4/5/6)

NOVEMBER

- Mon 3rd—Pupil Free Day
- Tues 4th Melbourne Cup Day — Pupil Free Day
- Wed 5th to Fri 7th —3/4 Queenscliff Camp



DATES TO REMEMBER

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 (drink, 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.

KIDSMATTER

At Katandra West - WE'RE GOOD SPORTS

Working Bee Thank You

I think you would all agree that our school is looking great at the moment. On Sunday, we had a small, but energetic group of parents take time out of their weekend to do some work in the yard. This is very much appreciated by both students and staff.

Deputy Regional Director Visit.

This morning we had an unscheduled, but very welcome visit from our Deputy Regional Director, Mr Bob Stephens. This was Bob's first visit out here and he was extremely impressed with all the resources we have here and at the school. He also enjoyed seeing our P/1/2/3 students during their morning R.A.T (Reading) time.

Last week I added some information about the importance of home reading. Below are some ideas for listening to your child read.

Hints for listening to your child read

- Before reading, talk about the cover, the title, the pictures, and discuss what the book may be about.
- During reading, discuss what has been read up to that point, and imagine what will happen next time.
- After reading is finished, talk and ask questions about the story and the pictures.
- When reading a harder book together, take turns. Beginning readers can read the repetitive parts and more experienced readers can read a paragraph or a page.

- On finding an unknown word:

Pause to give your child time to work out the word

Prompt– go back to the beginning of the sentence, or read past the difficult word to the end of the sentence.

– look for a clue in the picture or the words

– look at the first letter and think about what the words could be

– ask "Does this make sense?"

– try to sound out the word

– if necessary tell your child the word

Praise your child for trying even if mistakes are made.

Kind Regards

Angela

Children's Week 2014

“A Caring World Shares”

Tuesday 21 October 2014

9:30am —12:00pm

15 Welsford Street, Shepparton

Morning tea is provided

Animals 2 U —Petting zoo

Face painting

Special discounts at the Book Inn

Craft tables and games

Early Childhood staff available to answer
your parenting questions

Come and join the fun!

*This Children's Week event is brought to
you by the Goulburn Child FIRST Alliance.*



STAN'S Carpet DRY Cleaning & Upholstery

Stan Turvey
250 Creighton Road
Katandra West
Vic. 3634

Mobile no. 0434406871

ABN:13601586548

20 years experience

PREMIERS READING SCHEME



These books are still unaccounted for, so could you look at home and return to school.

P/1/2 area:

The Magic Hat

Rascal's Trick

Rascal the Dragon

How the Birds Got their Colours

The Echidna & the Shade tree

The Apples up on Top

Green Eggs and Ham

3/4 area:

I want to be a footballer

It's a Girl Thing

The Cat on the Mat is Flat

The Adventure of Captain Underpants

My Lille World

Edward the Emu

5/6 area:

Diary of a Wimpy Kid—Rodrick Rules

Pencil of Doom

Flood Series—Survivor

The Complete Book of Naughty Stories
for good Girls and Boys

3/4 CAMP

Camper's Promise, Medical and final payment are all due by Friday 31st October.

ACCOUNTS

Accounts have been sent home letting you know the balance of your account for camp and balances owing from various charges.

At Katandra West - WE'RE GOOD SPORTS

STUDENT PROFILE

NAME : Ella

GRADE: Prep

TEACHER: Miss Kearns

FAVOURITE FOOD: Strawberries

FAVOURITE GAME: Tiggy

FRIENDS at SCHOOL: Taleesha, Keely & Will

WHAT HAVE YOU BEEN LEARNING? My Alphabet

FAVOURITE COLOUR: Purple / Pink

FAVOURITE TOY/THING: Toy Horse

BEST THING ABOUT SCHOOL: Learning new things

WHEN I GROW UP: Cook

FAVOURITE HOLIDAY DESTINATION: England



DOOKIE SHOW

The Dookie Show is being held on Saturday 1st November, 2014. The children will be entering in the colouring competition and some art pieces. If you have entries send

them to school and we will enter them. We are asking if we could have volunteers to take the entries over to Dookie on the Friday and collect them on the Saturday after the show. If you could assist could you please call the office.



At Katandra West - WE'RE GOOD SPORTS

