Melrose Park Public School

coming events

term 1, week 8

Tuesday, 18/3 • School Photos
Wednesday, 19/3 • School Banking
Thursday, 20/3 • Tuckertime – Class 2/3 to host
Friday, 21/3 • Harmony Day
• No PSSA

Term 1, Week 9

Monday, 24/3 • P&C Meeting – 7.30pm
Tuesday, 25/3 • Art Around the Library (4/5 & 5/6)
Wednesday, 26/3 • Musica Viva – Datiwuy Dreaming
• School Banking
Thursday, 27/3 • Sausage Sizzle – Class 2O due to excursion tomorrow
• Assembly – 2.05pm – 2/3 to host
Friday, 28/3 • K-2 – Field of Mars – Living Things excursion
• PSSA v’s Boronia Park @ Meadowbank Park
• NO SAUSAGE SIZZLE

Term 1, Week 10

Monday, 31/3 • Parent Teacher Interviews
Tuesday, 1/4 • Incursion – K-2 Pet Safety 9-12noon
Wednesday, 2/4 • Years 4, 5 & 6 Art Show
• School Banking
Thursday, 3/4 • Tuckertime – Class 2 R
Friday, 4/4 • PSSA – Winter Sport - R1

principal’s report

A wonderful thank you is extended to all families that gave their time so freely at the Working Bee on Sunday. Your efforts to help make our school a wonderful environment for our students is appreciated and while all tasks were not completed those that were will make our students very happy. Tasks completed included installing a new netball hoop, reorganising the sports shed, moving furniture, tidying the Kitchen, new sand and softfall spread for the play equipment, painting, weeding, pruning, and preparing the garden beds for the winter crop. A delicious morning tea was served with the opportunity to meet and chat to our wonderful workers which made the morning a social event as well.

Families who came and signed on included:

Riley, Mather, O’Brien, Gale, Collins, West, Cheng, Gange, Hallett, Falzon, Perlstone, Winter, Saba, Denahy, Ottawa

Reminder:
P&C Meeting Monday 24th March
7.30 pm
In the library
All welcome

Ride2School

Ride 2 School Day is on the 19th March 2014. It would be fantastic to see students riding to school. You can ride your bike, scooter, skateboard or even walk. This day promotes exercise and a healthy lifestyle. Please help to school to be a part of Ride 2 School Day.

Art Show

• Year 4, 5 and 6 will present their term’s visual art project to the students and the community in a mini Art Show on Wednesday 2nd April from 2 pm- 6pm. Everyone is invited to attend.
More information will follow next week.

Harmony Day

Did you know that Melrose Park is represented by over 22 different nationalities in our student population?
Harmony Day 21 March is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it.

The colour that symbolises Harmony Day is orange. This Friday students can wear an orange accessory as part of their uniform (orange socks, hair clip, ribbon) bring something orange to eat (carrot sticks or oranges) or bring an object from another culture to school.

Students will participate in activities with a focus on multicultural education and will gather after lunch to share with other classes. Several students from Year 5/6 will present speeches on a multicultural theme.

Development Application
A development application has been received from 100 Wharf Rd. This site borders our school on the north side of the school’s property. The development application is for the demolition of and construction of 2 commercial units. For further information please log onto the Parramatta City Council website.

Clare Kristensen
Principal

P&C Report
Cookie Dough Fundraiser
There was a great response to the cookie dough fundraiser. We sold 272 tubs with the following families being our top sellers -
- Luksic - 44 tubs
- Donald – 35 tubs
- O’Brien - 25 tubs
- English – 24 tubs
- Cayzac-Cruise – 21 tubs
- Latu – 17 tubs

The P&C has made a wonderful profit of $1,088.00. A delivery date to the school for the cookie dough will be advised in next week’s newsletter. Due to the products being chilled – the dough will need to be picked up on the day of delivery or organise someone to pick up on your behalf, this will be a Friday in approx 3 weeks.
*** Helpers will be needed to help on the day to sort the tubs into orders – more information to come.

P&C Meeting
Our next P&C meeting is next Monday night 24th March @ 7.30pm in the library. All are welcome to come along.

Needed – Plastic bags to package up the cookie dough orders. If you have any please drop them into the office.

Sausage Sizzle
Thank you to last week's helpers Deb B, Thea G and Realeigh S.

The next Sausage Sizzle will be next Thursday 27th (not Friday due to an excursion) and 2R will be the host.

****If you have not placed a term order please contact me via email *****
If you are able to help on this day, please leave a message in the office for Yasmin Adami/Mick West or contact - Yasmin on 0432 420 628.

Working Bee
Thank you to all the families that came and helped on the day and thank you to Chantel Latu for the Arnotts Biscuits donations for the working bee.

Facebook
The P&C has a Facebook page that gets regular updates; follow us on Melrose Park PS P&C. If there are any changes to events or school requirements they will be updated on the page.

School Banking
Don’t forget this is on Wednesday Morning from 8.30am.

Dates to Remember for Term 1:
24th March Monday 7.30pm – P&C Meeting
7th April Monday – Mufti Day, Easter hamper donation as penalty more info to come
11th April Friday – Easter Raffle
12th April Saturday – West Ryde Street Fair

Mobile – 0414 540 430 (Deb)
Email – melroseparkpc@hotmail.com
Deborah Riley
President

Bookclub
Please have your Bookclub orders back to school by Wednesday, 19th March.

Many thanks
Georgia Pantic and Miranda Attwood
Bookclub Co-ordinators
At Melrose Park Public School we are Respectful Responsible Learners

Thank you to all the helpers, both young and "old" at our working bee on Sunday.
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.