WINDSOR PUBLIC SCHOOL
NEWSLETTER

1st December, 2014

Windsor Public School

Safe
Tolerant
Academic
Resilient
Respectful

We can all be STARR students

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PRINCIPAL’S MESSAGE

YEAR BOOK

I highly recommend families purchase this memento of 2014 which highlights every class as well as events held throughout the year.

Order forms have been distributed with the delivery date being confirmed as 10th December.

If you have misplaced the order form, please call in at the office to place an order.

There is a copy of the year book in the office, for you to view.

GROUP PHOTOS – sport, dance, choir, percussion

You are reminded that all orders with payment, need to be placed by Thursday morning 4th December, to allow for orders to be processed and returned before the end of the school year.

WHOLE SCHOOL REWARD

This Thursday, 4th December we will be holding our ‘whole school reward day’, which was postponed last week due to a change in the weather.

Students will be participating in ‘water activities’ in class groups throughout the day.

Please ensure that your children bring swimmers, sunscreen, towel, rash shirt, boat shoes or similar; if they are to participate in the planned activities.

I again thank Mrs Tuck and Miss Parkinson for organising this initiative and trust that our students will enjoy the treat!

PERCUSSIONISTS

Recently our Percussionists performed at Thompsons Square, Windsor.

I received a very complimentary email from a teacher from Hillside Public School, Glenorie (who was in the audience) and as a result; the boys will be performing for this school tomorrow.

I am very pleased for the boys to have this opportunity to promote their original sound, beyond the Hawkesbury!

The Percussionists will again perform this Thursday evening at the Hawkesbury District Hospital, as part of Christmas celebrations.

I am proud of the boys’ achievements this year, particularly the efforts of the ‘new recruits’.
COMMUNITY EVENING

Our end of year Community Evening will be held on Friday 12\textsuperscript{th} December.

The evening will commence at 6.00pm and all parents and families are most welcome to attend.

The program for the evening will be:

6.00pm – 6.45pm: Class variety performances
6.45pm – 7.15pm Dinner (families to provide own ‘picnic’ dinner)
7.15pm onwards: Class Christmas Carols/ Community Carols,
                 P & C Raffle Draw

Seating: Bring folding chairs, rug.

NB: As this is a school function the consumption of alcohol and smoking are prohibited on school premises.

\textit{Mike Watson}
\textit{Principal}
**STARR AWARDS**

Congratulations to the following students who received STARR awards last week. Well done!

**KC**
- Jesse Blume
- Matilda Bush
- Talaana Gabriel
- Mikayla Layt
- Violet Crofton
- Swayzee Kennedy
- Brooke Farrugia
- Corbin Shearer
- Chloe Pike
- Ryan Callaghan
- Anna-Lee Hitchen
- William Keech
- Daniel Su

**K-1F**
- Richard Baldwin
- Ruby Blume
- Charlotte Bush
- Tommey Clark
- Lily Crofton
- Charlie Devine
- Cassidy Grima
- Peri Kane
- Madeleine Macdonald
- Kirrileigh McDonald
- Anna Pugliese
- Stephen Radunz
- Mason Saint
- Braxton Shearer
- Shelby Stanyer
- Jack Stubbs
- Brody Taylor

**1-2R**
- Ebony Berntsen
- Owen Brown
- Jaylee Morgan
- Gracie Morrison
- Jacob Simmons
- Amelia Temlett
- Alleea Warrington
- Jackson King
- Preston Kennedy
- Jett Mackintosh
- Kobi Manion
- Marcus Mavin
- Zak Oaklands
- Lily Callaghan

**2Z**
- Joshua Wade
- Simon Su
- Iris Miller
- Lachlan Kersten
- Shania Gray
- Bailey Jones
- Jesse Davis

**4M**
- Teresa Chen
- Ethan Farnbach
- Paige Hottwagner
- Jett Merryweather
- McKeelley Whitmore
- Hannah Taylor
- Lana Stark
- John Dorahy
- Ryan Snelling

**5T**
- Caitlin Brodie-Davies
- Jada Cooper
- Elizabeth Dries
- Cody Maher
- Tiarna Hitchen
- Darcy Martin
- Katrina Maher
- Connor McIlrick
- Katie McClure
- Taine Nolan
- Alexi Suela
- Seth Nolan

**6C**
- Tamzen Bloodsworth
- Bradley Cole
- Caleb Dries
- Rose Ryan
- Tara Hottwagner
- Hayley McGregor
- Rose Ryan
GROUP PHOTOS
Order forms for students in group photos have been sent home. If you wish to purchase any of these group photos please complete order form and return with payment by Thursday 4th December, 2014. These photographs are available to view in the school album, which can be found in the school office.

SWIMMING CARNIVAL 2015
Our Annual swimming Carnival will be held at Richmond Pool on Thursday 5th February, 2015, from 6pm. Notes will be sent home soon for nomination of entries for this as it needs to be finalised before the end of term. The carnival offers competitive races of 50m only.

STUDENT BANKING
School banking is every Tuesday!
Reward Tokens
If you have 10 or more tokens you can trade them for a reward! All rewards except the penguin keyring are available. Tomorrow 2nd December is the last day to redeem rewards for this year.

Please note The last day for deposits this year will be Tuesday 9th December.

CLOTHING POOL
The Clothing Pool will be opened for sales on the following day:
Friday between 8.30-9.00am
If you need access at any other time please ring Kylie 0416274804 or Lisa 0403015423
If you have any uniforms that no longer fit, please consider sending them to the Clothing Pool.
FOR YOUR DIARY

Monday 1\textsuperscript{st} December - P&C Meeting – Staffroom 7pm
Friday 5\textsuperscript{th} December - Year 6 Mini Fair
Friday 12\textsuperscript{th} December - Community Evening
Wednesday 17\textsuperscript{th} December - Regent Theatre Visit

The school office is open from 8.30am until 3.00pm.
Uniform purchases 8.30am to 2.45pm.

LAST DAYS FOR PAYMENT

Now due - Voluntary Contributions
Thursday 4\textsuperscript{th} December - School group photos
Friday 5\textsuperscript{th} December - Year Book order form/payment
Wednesday 10\textsuperscript{th} December - Regent Theatre Visit
Wednesday 10\textsuperscript{th} December - Christmas Raffle tickets money

Payments can be made by cheque, cash & eftpos
Please be aware that the school office cannot accept eftpos or credit card payments for Book Club.
Sleeping Beauties – Parenting Ideas by Michael Grose

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Pre-schoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget a thing – which is equally important – you have to sleep”. 
“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”