8th December, 2014
PRINCIPAL’S MESSAGE

WHOLE SCHOOL REWARD

A huge thanks to Mrs Tuck and Ms Parkinson for their organisation of our Water Fun Day last Thursday.

From all accounts, the students had an enjoyable time – I’m not sure whether most entertainment was had by squirting each other or by drenching staff!

Good sports all round and I thank staff for their active participation.

PERCUSSIONISTS

Last Thursday evening our Percussionists performed at Hawkesbury District Hospital as part of the annual turning on of the Christmas lights event.

The boys received loud applause and I have received very supportive feedback – yes I am proud of their achievement!

The group have a few more performances before the end of the year – Peppercorn Place: Wednesday 10th & Friday 12th December;

Big W, Richmond: Thursday 11th December at 7.30pm

WPS Community Evening

Presentation Day

I’m glad that the boys have had the chance to perform outside of school, as a reward for their sustained interest and creditable efforts.
UPCOMING EVENTS

As the year draws to an end, there are significant events to occur before students depart for 2014.

Please note the following:

**Wednesday 10th December:**
Scripture Service/Parent Helpers Morning Tea

**Thursday 11th December:**
Student merit BBQ/Principal’s Afternoon Tea

**Friday 12th December:**
Student reports are sent home/Community Evening

Please note: In the event that the current stormy weather continues as forecasted, we may need to cancel our community event.

**Monday 15th December:**
Presentation Day Assembly at 9.30am, Windsor Function Centre.

**Tuesday 16th December:**
Year 6 Farewell

**Wednesday 17th December:**
Movie Day/Final day for all students

SKOOLBAG APP

Our school now has our own Skoolbag iPhone and Android App to help us communicate more effectively with our community. We are asking parents to install our Skoolbag School App. To install it, just search for our school name "Windsor Public School" in either the Apple App Store, or Google Play Store.

This App will allow for the distribution of information very quickly and will hopefully create clear and efficient lines of communication.

Unfortunately, as we have only just received the App, we will be unable to complete all required administration effectively prior to the end of term. We intend to have the App operational for the commencement of 2015.

*Mike Watson*
*Principal*
BRONZE AWARDS
The following students have been presented with Bronze Awards at the Combined Assembly today. Congratulations and well done!

KC  Brooke Farrugia
K-1F  Eden Bugeja  Kirrileigh McDonald  Alice Sheridan
2Z  Lucas McIlrick  Jake O’Connor
2-3B  Seth Kent  Harmony Martin  Alice Morrison
4M  Natasha Groenewegen  Jett Merryweather
5T  Caitlin Brodie-Davies  Codi Hardiman
6C  Trent Cockerill

SILVER AWARDS
The following students have been presented with Silver Awards at the Combined Assembly today. Congratulations and well done!

KC  Jesse Blume  Chloe Pike  Jared Wesley-Smith
K-1F  Richard Baldwin  Anna Pugliese  Braxton Shearer
1-2R  Owen Brown  Jett Mackintosh  Jaylee Morgan  Aleeya Warrington
2Z  Jesse Davis  Shania Gray  Bailey Jones  Jacob Kent  Cody Sneesby  Simon Su
2-3B  Mia Bruton  Ethan Lewry  Taylah Reeves  Bonny Xia
4M  Ethan Farnbach  Paige Hottwagner  Ryan Snelling  Gemma Whitmore
5T  Cody Maher  Felicity Tait
6C  William Baltaks  Abby Galea  Kody Massingham

GOLD AWARDS
The following students have been presented with Silver Awards at the Combined Assembly today. Congratulations and well done!

KC  Jesse Blume  Matilda Bush  Ryan Callaghan  Violet Crofton
Talaana Gabriel  Sawayze Kennedy  Mikayla Layt  Grace Vredegoor
K-1F  Ruby Blume  Tommy Clark  Lily Crofton  Cassidy Grima
Madeleine Macdonald  Stephen Radunz  Shelby Stanyer  Jack Stubbs
1-2R  Lily Callaghan  Preston Kennedy  Jackson King  Marcus Mavin
Gracie Morrison  Zak Oaklands  Jacob Simmons
2Z  Joshua Wade
2-3B  Gemma King  Oliver Macdonald  Ryder Mavin  Ella Paraha
Makaelah Simmons  Riley Taylor
4M  Teresa Chen  Paige Hottwagner  McKeelley Whitmore
5T  Sarah Dorahy  Katrina Maher  Lachlan Morgan  Seth Nolan
Taine Nolan  Connor Simmons  Clarice Suela
6C  Bradley Cole  Caleb Dries  Tara Hottwagner  Rose Ryan
STAGE 1 (K – 2 ) COMMENDATIONS
Congratulations to these students who received awards last week. Well done!

KC  Corbin Shearer  - beautiful writing and bookwork
     Matilda Bush  - sounding out words
K-1F  Ryland Harris  - trying hard in reading
      Jack Stubbs  - consistent effort
1-2R  Zak Oaklands  - wonderful work in Maths
      Jackson King  - wonderful reading for Mrs. Ford
2Z  Jamayne Spence  - working co-operatively in the classroom
     Shania Gray  - always putting in her best effort in all tasks
2-3B  Maxine Suela  - always working quietly in all subjects

STAGE 2 & 3 (YEARS 3-6) COMMENDATIONS
Congratulations to these students who received awards last week. Well done!

2-3B  Mia Bruton  - working hard in all areas of her schooling
      Harmony Martin  - improved results in weekly spelling
4M  Paige Hottwagner  - demonstrating greater confidence in all areas of her learning
       Teresa Chen  - great improvement in all areas
5T  Seth Nolan  - outstanding effort in all areas and a mature and sensible attitude
     Natasha Paterson  - her increased confidence in Mathematics
6C  Tara Hottwagner  - wonderful attitude
     Caleb Dries  - great worker

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

2-3B  Makaelah Simmons  Mia Bruton  Charlotte Collier-Mitchell
      Seth Kent  Gemma King  Oliver Macdonald  Bonny Xia
     Mason Walker  Riley Small  Taylah Reeves  Stephanie Pemberton
     Alice Morrison  Harmony Martin

YEAR BOOK
If you or any extended family members would like to purchase the 2014 school year book they can be purchased at the front office or at the Community evening. Please note that it is cash only at the Community evening as eftpos facilities will not be available.
ICEBLOCK DAY
The Year 6 Farewell Committee will be selling iceblocks tomorrow, Tuesday 9th December. Iceblocks will cost $1 each and flavours are cola, lemonade and raspberry. Sales will be in the canteen during lunch.

END OF YEAR COMMUNITY EVENT
The P&C will be selling drinks, snacks and a variety of novelties at our end of year concert on Friday 12th December. It will be our last opportunity before the end of this year to raise funds to continue improving our school and your support will be appreciated. Year books will also be available to purchase, and any extended family members attending the evening are welcome to purchase one. Cost of the year book is $25 each and payable by cash only.

STUDENT BANKING
School banking is every Tuesday!
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
Wednesday 10th December - Volunteers morning tea
Friday 12th December - School Reports home
Friday 12th December - Community Evening
Tuesday 16th December - Year 6 farewell
Wednesday 17th 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
Wednesday 10th December - Regent Theatre Visit
Wednesday 10th 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.
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.