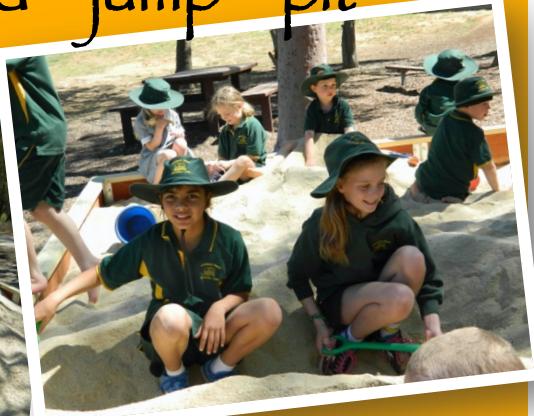


Our new sand pit and jump pit



Koondrook Primary School respectfully acknowledges the traditional custodians of the land on which we stand. We pay respects to the Barapa Barapa Elders past, present and future.

Koondrook Primary School

KPS: Respect, Responsibility, Resilience

October 29th, 2019

Issue no: 34

Principal's Report

Walk to School

It is great to see so many students walking and riding to school. I have never seen the bike shed so full of bikes! We only have one week to go of The Victorian, Walk to School Initiative for 2019. Remember those students who can't walk to school or wish to do some more, can choose to do laps of the oval from 8.45am each morning.

You can find out more on the website: www.walktoschool.vic.gov.au
This week the students can complete a colouring competition during lunch time. Matt from Gannawarra Shire will be out to judge the colourings at the end of the program. There are prizes to be won!

Year 3/4/5/6 Quantum Excursion

On Friday 1st November, Year 3/4/5/6 students will be up nice and early to catch the bus to Quantum. The children need to be at school by **5:30am** as the bus must be departed by **5:45am at the latest**. Children need to bring along enough food for morning snack, lunch and afternoon tea. They need to take a drink bottle of water as well (enough for the whole day). They may like to bring their pillow for the bus trip. The children will need to wear their school uniform. We hope to be home by 6:30pm. **If your child suffers from travel sickness please let the teachers know and consider giving them a travel sickness tablet.** *You will need to give the teachers permission to give the child one for the journey home.*

Public Holiday and Curriculum Days

There will be no school on the 5th November as this day has been declared a Public Holiday for the Melbourne Cup by the Gannawarra Shire and Monday 4th is a Curriculum Day.

There will be no school for students on Friday 29th November as well. This will be a Curriculum Day where staff will be planning for 2020.

MATES ROYAL HOTEL RAFFLE
DATE:
FAMILIES:
December 6th --- Snowdon/Fulton/Dean/
McInerney/Millard

Dates to remember

Term Dates 2019

Term 4 ~ October 7th – December 20th

Public Holidays

November 5th – Melbourne Cup

School Dates to Remember

November 1st – Quantum Excursion Years 3/4/5/6

November 4th – Curriculum Day

November 6th – Prep 2020 Transition

November 15th – T20 Cricket, Yr. 5/6 at Kerang

November 25th – Golf at Kerang (Selected Students)

November 29th – Curriculum Day

Assemblies

November 8th - Yr. 5/6 Hosting

November 22nd - Yr. 1/2 Hosting

December 6th - Yr. 3/4 Hosting

December 13th - Yr.6 Hosting very last one

Barham Christmas Market

We have been asked to support the Barham Christmas Market on Friday 29th November.

We thought that we could hold a cake/bake stall. We need a couple of parents to volunteer to help coordinate the stall.

Attached to this newsletter is a form so we can see if we have enough support for this fundraiser.

Swimming Helpers Needed

A couple of weeks ago a form was attached to the newsletter asking for parent helpers with our Swimming Program. As yet we have not received many offers of help. We cannot run the Swimming Program without parent help. I have attached the form again to this week's newsletter in the hope of getting some more help. Please fill out the form with your preferred time and send back to school promptly so we can organise our Swimming Program. (You don't always have to get in the water with the kids either)

New Sandpit

We are so lucky to have such great community people in our area. Thank you, Brian Powell for building us a new sand pit and improving the long jump pit by building a framework and a running track. Thank you to Mawsons for your donation of sand for the new sandpit and to top up the jumping pit. Thank you, Billy Hollard for installing a border around the top of the structures to make them safer.

T20 Cricket

On Friday 15th November, our Grade 5 and 6 students will be participating in a T20 Cricket Tournament in Kerang. Although this is a competition, it is a fun and inclusive event aimed at giving all students the opportunity to play a modified game of cricket, even if they have never played the game before. The students will travel to Kerang by bus. Please complete and return a green permission envelope by Friday 8th November. The cost of this excursion is \$5.00.

Prep 2020 Transition Dates

The next Transition Day for Preps in 2020 will be on Wednesday 6th November from 9am to 11:30am. Below is a table with the rest of the dates for the year.

Prep 2020 Transition Dates

Day	Date	Time
Wednesday	6 th November	9am to 11:30am
Wednesday	20 th November	9am to 2pm
Wednesday	4 th December	9am to 2pm
Tuesday	10 th December (Step Up Day)	9am to 3:30pm
Thursday	30 th January 2020	Term 1 Commences

Amanda Bradford

3/4 Camp



Bar-rook Swimming Club

Seeking expressions of interest for volunteer swimming instructors.
Must have WWCC & formal swimming qualification or be willing to undergo training course.

Please contact: Sharon McInnes,
Mob: 0438531366



3/4 Class News – Camp Report

On Monday the 21st of October all the grade 3s and 4s from Koondrook, Murrabit, Gunbower and Leitchville Primary schools arrived at the Barham Lakes Caravan Park for our 1 night and 2-day camp. The first thing was we were welcomed, then told the rules. Also, we were told where we could go and where we couldn't go. Whilst we were there, they announced our cabins. I was in one of the four large cabins. These cabins were 11, 12, 13 and 14. All the large cabins had six people. Cabins 11 and 12 had six girls, whilst cabins 13 and 14 had six boys. I was in cabin 12. These cabins looked like a mini village, in the shape of a square. After we placed our bags in our cabin, my cabin introduced themselves to each other. In my cabin was Ivy, Alice, Maddie, Lyla, Eliza and myself.

By Alethea D'silva

On Monday 21st of October the 3/4's went to Barham Lakes caravan park camp. We made sun-dry bags. We wet them and put paint on them. We also put leaves and other stuff on it and put it in the sun to dry. Then we had morning tea. We did different activities like: cooking, ninja warrior, fishing and multi-sport. In cooking we made pancakes, I got the biggest pancake and I had honey on it. I put flour, milk, sugar and an egg in the mixture. After that we had afternoon tea. Then we organised our beds. In my cabin there was: Maddie, Eliza, Lila, Alethea and me we were in cabin eleven. It was so much fun!!

Alice - year 3.

After free time we had another two activities. We went to sports; our teacher was Mr Rinaldi and Janette. First of all, we played 'Pegasarus', then we played the rest of our games. After that I went to fishing, our teacher was Mr McMillian. But some people called him Mr Walker. When I first casted my rod it got stuck in a tree. My second time it nearly hit Dustin's head! Then the third time it got really stuck in the tree. Fourth time around I did it! Mr McMillian caught a carp. Then chucked the fish away.

By Lucy Mathers

On Tuesday morning we packed up our cabins and then went over to the playground because that was where the breakfast was. After breakfast we had bush tabloid sports, which was fun because our group was called the "record breaking wombats"; the reason for that was because we broke four or five records that other groups set! Then we had a photo trail. I was buddies with Thomas Walle and Charlie from Murrabit. Some of the things on the paper were a little bit hard to find. Then just before home time I played chubby bunny with Mrs McMillian then it was time for home. It was really fun and I wish I could go back.

By Jy Tucker



NDCH
Northern District Community Health
NDCH-your first port of call in the pursuit of good health!

Tips for Learning to Embrace Failure in Kids

Often failure can be seen by children as being 'the end of the world' or sometimes 'losing' is not an option and can be hard for them to deal with.

Approaching this as a parent can be difficult. Supporting and teaching children how to embrace and learn from failure can be beneficial.

It is important to remind your children that failure is one of the many things we experience in life.

- 1. Be a good role model**
Your children are always watching you. Handle your own disappointments appropriately. Don't get mad or angry, accept the disappointment and acknowledge that you can do better next time.
- 2. Normalise failure**
Let your children know that they will experience failure sometime during their life. It is not something to be scared of.
- 3. Give feedback after failure, ask specific questions and encourage learning**
What can be learnt from the failure? Ask questions such as; 'How did you feel when that happened?' "What could you do different next time?" Failure is an opportunity to learn.
- 4. Encourage your children to try new things and activities**
By sticking to "what they are good at" and not trying something new, it is hard to identify strengths and weaknesses. It is important for your child to try new things and activities, to broaden their horizons, to experience failure and to continue working on strengths and weaknesses.
- 5. Manage expectations of plans**
Plans such as play dates can get cancelled and children may 'bomb out' on a test that they planned to do well on. Treat plans as possibilities not guarantees. This reduces expectations and allows your children to understand that minor disappointment and failure will happen in life.

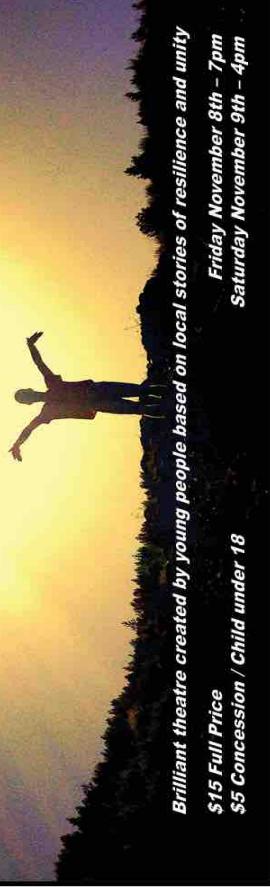
For more information and tips visit:
<https://www.parents.com/kids/development/behavioral/failure-is-an-option/>

<https://lindastatede.com/working-with-failure-2/2fbcid=MAR3206yFDGNIJymn8szLGaz7cY19pcNRNvwGRt04Bcqx0evzvdB2xL>

www.ndch.org.au

Outback Theatre for Young People + Golden Rivers Theatre Group present

A Town Called Mills Acre



Brilliant theatre created by young people based on local stories of resilience and unity

Friday November 8th - 7pm
Saturday November 9th - 4pm

\$15 Full Price
\$5 Concession / Child under 18




 Create NSW
 Regional Arts Support Program





Tickets available via: <https://www.trybooking.com/BGCXX>

PORTSEA CAMP 2020

The 2020 Portsea Camp will be held
 Monday 2nd – Monday 9th January 2020
 For children aged 9-12 years.

A week by the sea enjoying summer activities

Application forms available at the
 Gannawarra Library Service
 Kerang ~ Quambatook
 Cohuna ~ Leitchville

For More information please email
 Email: kerangportseagroup@gmail.com

Closes: 9th Nov 2019 (Unless extended)
 Inclusive cost \$390

Support available for eligible families




MACC News

Thank you to all the families who provided bottles for Art. We are using the small ones for the F-2 students and the 3/4's will use various sizes. As they needed to be dry we used ones that had been collected earlier and were already dry inside. Thanks again for your help.

Ms Bentley
MACC Art Teacher

FACTS ABOUT SLEEP FOR PARENTS AND SCHOOL STAFF

Students' sleep deprivation and mobile device use

- Many children and adolescents are sleep deprived at school
- Technology use before bedtime or during the sleep period has negative influences on the brain and overall health
- This can lead to poor learning, unhelpful behaviours, friendship difficulties and mental health problems
- Removing the phone from the bedroom at night is important for children and adolescents so that sleep is not interrupted
- Rules around not having mobile devices in bedrooms and turning devices off at night work best if they are being followed by the whole family, including parents

1. Why is sleep so important?

Sleep is vital for children's and adolescents' wellbeing. Sleep supports healthy development of the body and mind. Evidence shows that children and adolescents who do not get enough sleep have more trouble learning. They are less attentive and motivated, have poor problem solving, more confusion, increased irritability, reduced memory, impaired communication, slower processing of information, poorer judgement, diminished reaction times and more indifference. Lack of sleep can also lead to behaviour and mood issues, impacting negatively upon relationships, empathy and leading to mental health difficulties such as anxiety and depressed mood. In Australia, the number of children and adolescents who are sleep-deprived is rapidly growing due to our lifestyle behaviours.

2. Why aren't children and adolescents getting enough sleep?

Technology use is on the increase with online social interactions replacing real world ones. For this reason, it is often difficult to get

children and adolescents off their devices. In Australia, 25% of children aged 7-8 years report using mobile phones between 10pm and 6am – and this figure increases to 83% of children by age 17.¹ This late-night technology use is contributing to later sleep times and reduced quality of sleep. Children and adolescents commonly report going to sleep later and having interrupted sleep patterns because they reply to friends' texts during the night.

Technology use can lead to poor sleep in a number of ways:

- Body clocks² are sensitive to the blue light that backlit devices like phones and tablets emit. This light tricks our body clocks into thinking it is still daytime and this reduces the amount of melatonin, our sleep hormone that is released near bedtime. So, device use near bedtime can make it harder to get to sleep.
- Using devices to play games or communicate with friends increases mental stimulation, making it difficult to wind down around bedtime or to get back to sleep when sleep is interrupted during the night. Negative online social interactions can also contribute to feelings of anxiety³ and worry¹ which can make it harder to sleep.



For other popular helps visit us online at
www.sleephealthfoundation.org.au



3. How much sleep do children and adolescents need?

As with adults, every child is different in terms of how much sleep they need. The amount of sleep your child needs also changes as they age.⁴ Children aged 6-13 years should ideally be sleeping for 9-11 hours, although anywhere from 7-12 hours may be appropriate for some children. Teenagers aged 14-17 years should ideally be sleeping for 8-10 hours, although anywhere from 7-11 hours may be appropriate for some teenagers.⁴

4. What are some signs that your child or adolescent isn't getting enough sleep, perhaps through overusing technology?

- Depressed mood,⁵ irritability during offline social interactions
- Hyperactivity at school⁶
- Reluctance/arguing about getting off phones/devices and going to bed⁷
- Reduced academic performance
- Changes to communicating/social interacting at home and/or school
- Falling asleep during the day
- Difficulties waking up for school and sleeping in late on weekends to 'catch up'⁸
- Getting to school late or missing school days

5. How can I encourage safe, healthy technology use to improve my child's sleep & wellbeing?

Putting in place some guidelines surrounding technology use at night is advisable and these guidelines might differ depending on the age of your child or adolescent. Children and adolescents need help with regulating their behaviour and understanding the harmful effects of disturbed sleep.

- Ideally, no mobile devices should be allowed in the bedroom. *Why?* Although it's sometimes unavoidable to have devices like laptops in the bedroom, the bedroom should ideally be preserved for sleeping only so that it is perceived by the brain as a calm place – this helps children and young people to switch off and feel sleepy. Children and adolescents very commonly report using their phones after initially turning the lights out, even if there are rules in place about device

use. Children and adolescents also report going and collecting their mobile devices after parents have gone to bed, even when everyone has agreed to leave them outside of bedrooms. Educating children about the harmful effects of disturbed sleep can be helpful for ensuring rules about device use are adhered to. Given many children and adolescents use their phone's alarm to wake up in the morning, a simple strategy of replacing phones with an alarm clock may make removing devices from the bedroom more practical.

- Establish a nightly 'wind down' routine with your child or adolescent. *Why?* Having a nightly routine in the lead-up to bedtime can help children and adolescents unwind and cues their brains into knowing that it's nearly time to sleep. As part of this wind down routine, create a calm environment and replace device usage in the hour before bed with a relaxing routine. This can help to reduce stress and anxiety, making it easier to feel sleepy.
- Limit exposure to bright light *Why?* Children and adolescents body clocks are sensitive to light, in particular blue light, reducing the amount of 'sleep hormones' that are released around bedtime. Lower the brightness on devices in the evening hours and use applications that block out blue light on phones and tablets if your child is going to be using a device.
- Model good behaviours. *Why?* It is much easier to change your child's behaviour if a group approach is taken. Children and adolescents learn by observing the behaviour of others (parents, siblings) – model healthy sleep and technology use behaviours and make it a family effort by involving siblings.

6. What are other factors that might be disturbing sleep in children and adolescents?

Children's and adolescents' sleep may be disturbed by breathing problems during the night, often associated with snoring. This is termed Sleep Apnea.⁹ There are also good sleep habits, known as Sleep Hygiene¹⁰, that can improve sleep. For a discussion of Sleep Hygiene and the range of other sleep problems and disorders that may affect children and adolescents, please see the separate fact sheets on the Sleep Health Foundation website.^{10,11}

7. If you are concerned about your child's sleep patterns, please access the below resources or visit a GP.

All the Sleep Health Foundation (SHF) Fact Sheets can be found at the A-Z listing
www.sleephealthfoundation.org.au/fact-sheets.html



For other popular helps visit us online at

www.sleephealthfoundation.org.au