

Prep



Literacy



Activities



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

March 11th, 2020

Issue no: 7

Principal's Report

Urban Camp

On Monday morning the Year 5/6 students together with Mr Monaghan and Mrs Lake will be heading to Melbourne to participate in the Murray Plains Cluster Camp. Students need to be at the Kerang Railway Station at **7:15am**. They need to make sure they take lunch, snacks and a drink bottle of water. School uniform must be worn for the duration of the camp. Children may take \$25 spending money to camp, this needs to be stored in a named wallet. Students will be responsible for looking after their own money. We hope that they all have a wonderful time and we look forward to hearing all about their experiences. Students will need to be picked up on Wednesday night at **10:15pm** from the Kerang Railway Station.

Regional Swimming

On Thursday 19th March Ella W and Eve S will represent the school at the Regional Swimming Carnival. We wish both girls good luck!

Easter Raffle

Last week raffle tickets were sent home, so please make sure your children have given you their tickets.

We are hoping that each family will send along an Easter egg or an item related to Easter for our raffle.



Easter Parade

On the last day of term, the Year 6 students have organised a dress-up day and a colouring competition. We hope all students will make an Easter hat or dress up in the Easter theme.



MATES ROYAL HOTEL RAFFLE

DATE:

March 13th ---

FAMILIES:

Azzopardi/Robertson/
Puddick/Fulton/McInerney/
Webb (J)/Webb (T)/Moseley

May 1st ---

Cain/Martin/Hall/
Murray/Millard/Trewin/
Turvey/Dehne

Dates to remember

Term Dates 2020

Term 1 ~ January 29th – March 27th

Term 2 ~ April 14th – June 26th

Term 3 ~ July 13th – September 18th

Term 4 ~ October 5th – December 18th

Public Holidays

June 8th – Queen's Birthday

November 3rd – Melbourne Cup

School Dates to Remember

March 13th – National Ride2School Day

March 16th~18th – Year 5/6 Cluster Camp

March 19th – Parent/Teacher Interviews

March 27th – Easter Dress-Up Day

March 27th – Last Day Term 1, Early Dismissal

Assemblies

March 20th – 1/2 R Hosting

Ride2School Day

This Friday, 13th March, is National Ride2School Day. Students are encouraged to ride, walk, skate or scoot to school (or part way if you live a little further away). Please remember to be safe and wear your helmet.

Parent Teacher Interviews

Parent Teacher Interviews will take place on Thursday 19th March. A timetable has been included with this newsletter. If you didn't return a preference sheet you have been allocated a time. We have done our best to cater for everyone's needs.

Welcome Abbey

This week we welcomed Abbey Jennings to Koondrook Primary School. Abbey is studying teaching in Ballarat and will be helping out in the Prep Class two days a week during 1st Semester. At the end of next Term Abbey will complete her 2-week placement.

Mates

This Friday, 13th March, is the school's turn to sell raffle tickets at Mates Royal Hotel Koondrook. Families are to sell raffle tickets from around 5pm to 8pm. The families rostered on are: Azzopardi, Robertson, Puddick, Fulton, McInerney, J Webb, T Webb and Moseley. The meals are good there so why not make a night of it!

School Council

Our next School Council meeting will be held on Monday 16th March at 7:30pm. This meeting will also be our AGM.

Curriculum Day

There will be no school for students on Friday 8th May. This day will be a Curriculum Day based on Maths. Anna from Top 10 Maths will be attending Koondrook Primary to work with the teachers.

The Importance of Sleep

We are seeing a lot of tired children at school lately. This could be for many reasons. As the school term progresses and children's sleep starts to settle into a more regular pattern again, we thought it might be helpful to make parents aware of how much sleep their child needs and what time they potentially should go to bed. It's important to note that the hours are a guide and it's more important to focus on sleep quality, not quantity, and establish a good bedtime routine and, just like adults, some children need more sleep, some need less.

While there is no hard and fast rule, the general guide is toddlers need around 12 hours of sleep a night; children aged three to six – 10-12 hours; seven to 12 years old – 10-11 hours; and teenagers – around eight to nine hours. A fact sheet is attached to this newsletter with more information. Additional information can be found at: <https://sleepcouncil.org.uk/>

Amanda Bradford





THE FACTS ABOUT SLEEP



THE IMPORTANCE OF SLEEP

- Sleep is important for physical and mental health. All body systems involved in either physical or mental health do not function well without sleep.
- Sleep is important for the body to rest and repair its systems.
- Sleep happens in two stages, non-Rapid Eye Movement (non-REM) sleep and REM sleep.
- Non-REM sleep occurs in four stages and is vital to get the body systems rested, this process is called homeostasis. A growth hormone is also produced during non-REM sleep, which causes children to grow and develop.
- REM sleep allows us to dream and studies have shown that dreaming allows us to learn. People who don't dream or get REM sleep will not learn as efficiently.

EFFECTS OF SLEEP DEPRIVATION

Sleep deprivation may affect the following areas:

- Physiological/Physical health (cardiovascular and endocrine systems).
- Psychological (emotional and mental health).
- Psychosocial (behaviour, peer relations, family relationships).
- Cognitive (learning, attention, problem solving).



HOW MUCH SLEEP DO YOUNG PEOPLE NEED FOR OPTIMUM PHYSICAL AND MENTAL HEALTH?

The current thoughts are that teenagers need about nine hours per night. Most teenagers get between 7–8 so they are in 'sleep debt'.

POSSIBLE REASONS FOR DISRUPTED SLEEP PATTERNS IN YOUNG PEOPLE

1. Circadian (sleep/wake) rhythm factors

During adolescence there is a delay in the time when melatonin (one of the hormones which makes us sleep) is released from our brains to our bodies. This may mean that adolescents are not tired until later in the evening and may then find it hard to get up in the morning.

2. Social changes and pressures

Adolescents have a lot going on in their lives (phone, TV, jobs, social activities, school, sports, more homework, worry). Sleep is sometimes low on the priority list and is often given up for these other things.



THE FACTS ABOUT SLEEP



PHYSICAL EFFECTS OF SLEEP DEPRIVATION

- An increase in accidents, resulting from clumsiness.
- Increase in obesity; lack of sleep mixes up your appetite hormones so you feel hungry when you shouldn't.
- Sickness; the immune system cannot be repaired and rested, resulting in decreased efficiency.



PSYCHOLOGICAL EFFECTS OF SLEEP DEPRIVATION

- Depression
- Anxiety
- Mood swings and changes
- Increase in frustration
- Decreased ability to concentrate resulting in the decreased ability to learn



TECHNIQUES TO IMPROVE SLEEP

1. Psychological – Are they worried, stressed, anxious or depressed?

This can be addressed by talking with a mental health professional, school counsellor or even a good friend. Relaxation and exercise are excellent ways of learning to relax the mind and the body so sleep is easier. Routine is important – going to bed and waking at the same time every day helps establish a pattern.

2. Physiological – (Body and physical health)

Are they sick? If so, it is important to see a health professional. There are other physiological reasons for poor sleep – it is worth speaking to a health professional if other factors have been ruled out.

3. Environmental and behavioural – Are they ready for sleep?

Is the room too dark or light or noisy or hot?
Have they had too much coffee/energy drinks throughout the day?
Avoid heavy exercise three hours prior to bed.
Turn off all screens at least 30 minutes prior to sleep.



SLEEP DEPRIVATION AND SCHOOL BEHAVIOUR

The prefrontal cortex is an area in the brain that controls important tools in the body that affect learning. This particular part of the brain needs lots of sleep to function efficiently. When the prefrontal cortex is affected by a loss of sleep, people can find it difficult to:

- regulate learning
- regulate emotions and behaviour
- remember or concentrate on information
- plan ahead.

These effects are cumulative, meaning that a person will not just suffer from one effect of sleep deprivation, they will all pile up, decreasing their knowledge base. If learning becomes difficult due to lack of sleep a young person may become frustrated and lose motivation to continue.

Media Release:

Wednesday, 4 March 2020



Farmers Top of Mind in New Health Service

Northern District Community Health (NDCH) will launch a new health service for local farmers in 2020. NDCH CEO Mandy Hutchinson said the AgriSafe™ Clinic, as it will be known, is a service that the organisation has been keen to offer for some time.

"This clinic is all about farmer specific health, wellbeing and safety," Ms. Hutchinson said. "The AgriSafe™ Clinic looks at the unique health issues related to working in agriculture as part of a comprehensive health assessment, which is why it's such a win for our community with farming as our backbone."

AgriSafe™ appointments are 90 minutes long and provide participants with important health information and time for questions with the AgriSafe™ nurse. A comprehensive report of results is sent to the participants GP and can involve referral on to other relevant services and programs if needed.

During 2019, NDCH worked with the National Centre for Farmer Health based in Hamilton and the AgriSafe™ Clinic developer, along with local farmers from Boort and Cohuna, to pilot two AgriSafe™ clinics. "The feedback from farmers was overwhelmingly positive and the success of those clinics was the motivation to secure funding to provide the service into the future for local farmers," Ms. Hutchinson said.

"There is very specific medical equipment needed in the clinic that costs in excess of \$15,000," Ms. Hutchinson said. "We are delighted that late last year we were successful in our application to the Foundation for Rural and Regional Renewal, Small and Vital Grants for \$10,000 to help with these equipment purchases."

This service has also been funded by Gannawarra Shire Council through the Federal Government's Drought Communities Programme – extension. The AgriSafe™ Clinic was successful in receiving another \$20,000 through this programme to help purchase the clinic's equipment. This funding also means that the AgriSafe™ Clinic can be provided free of charge, in the short term, to the region's farmers. Ms. Hutchinson thanked the Gannawarra Shire for their ongoing support and partnership with NDCH in the establishment of the AgriSafe™ Clinic.

Ms. Hutchinson announced that Rosi Bear will be the NDCH Community Health Nurse running the AgriSafe™ Clinic. Mrs. Bear applied for and successfully completed a scholarship to become a qualified AgriSafe™ Clinician specialising in agricultural health and medicine. "Rosi is a partner in a local farming family business and understands farmers and farming issues so is a great asset to this new service," Ms. Hutchinson said.

"A number of local farmers and organisation supported NDCH's application to establish the AgriSafe™ Clinic and we thank them enormously for their support," Ms. Hutchinson said.

The AgriSafe™ Clinic is set to commence in March 2020. To make an appointment at the AgriSafe™ Clinic or for more information call NDCH on 5451 0200.

For more information or to arrange an interview please contact Tanya Maher-Toose, Health Promotion Team Leader at NDCH on Ph. 5451.0200.

www.ndch.org.au



NDCH – your first port of call in the pursuit of good health!

5 tips for managing your Child's Anxiety



1. Slow down

Encourage your child to take some slow deep breaths. Breathe in for 3 seconds, hold for 3 seconds, breath out for 3 seconds. You can help by doing this with them.

2. Make time to worry

Set aside 10-15 minutes each day to talk with your child about what they are worried about. They may find it easier to write or draw what they are worried about.

3. Encourage positive thinking

Remind them of a similar situation from the past and how things worked out OK.

4. Try new things and have a go

Anxious children may often be worried about trying something new and making a mistake. Encourage them to have a go and remind them that it is OK if they make a mistake.

5. Step back and look at your own behavior

It can be difficult to see your child struggling. But 'over-helping' when something is wrong can make your child feel like they cannot do anything without your help.

For more tips visit: <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>

www.ndch.org.au



3/4 News

Papier Mache

On the 11/03/2020 my class, grade 3/4, were doing craft.

We were making papier mache, we did it outside.

First, we blew up our balloon, then we got our locker tubs and got all the books out. After that we got 10 pieces of white paper, once we finished ripping our paper, we put them in our tubs. Then, we took our tubs outside and left them to come back and get our flour and salt to make the glue to stick the paper to our balloon. Next, we got into groups and put our balloons on the fence with some string, Mrs. Meek helped to tie them. Then we started sticking paper on. In the end, not everyone got theirs finished but they looked really good. We will turn them into an Easter surprise!

By Lucy





GIRLS FOOTBALL

FREE COME & TRY

AGES 6 – 12 YEARS OF AGE

Do you want to try something NEW?
Have some fun in a team environment?

Register your details to come and have a go! No skills required and it's all about having fun and enjoying yourself.

TUESDAY 7th APRIL 10.00 AM – 11.30 AM

School Holidays

Swan Hill Rec Reserve

NEVER SAY NEVER!

REGISTER TODAY!

<https://form.jotform.com/200637718103045>

CONTACT:

Koondrook Primary School
Murray Parade Koondrook,
PO Box 8, Koondrook, 3580

Phone - 03 54532428
Fax - 03 54531147

Website: koondrookps.vic.edu.au
E-mail: koondrook.ps@edumail.vic.gov.au