Dear Parents,

**IMPORTANT NEW LAWS AROUND SCHOOL ATTENDANCE AND STUDENT ABSENCE**

This is new legislation which has been passed as law in the State of Victoria. From 1 March 2014, procedures to support amendments to the Education and Training Reform Act 2006 in relation to the enforcement of compulsory school enrolment and attendance are effective.

- Where a student has been absent from school on at least five full days in the previous 12 months, the parent has not provided a reasonable excuse for these absences and measures to improve the student’s attendance have been undertaken and been unsuccessful, or are inappropriate in the circumstances, principals can exercise their discretion to refer the matter to a School Attendance Officer for further action.

- School Attendance Officers can then issue a School Attendance Notice to the parent giving the opportunity to provide a reasonable excuse for the absences or, where necessary, nominate the parent responsible for the absences. Failure to comply with this Notice may result in the issue of an Infringement Notice, which carries with it a penalty of approximately $70.

**EVERY DAY COUNTS - the only acceptable reason to be away from school is illness.**

**SCHOOL COUNCIL**

Congratulations to John Reid, Nick Haslam, Denise Button, Maryanne Egan and Suzanne Kalk, who have been nominated for School Council.

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**COMING EVENTS**

**TUESDAYS - SCHOOL BANKING**

**MARCH**

- Wed. 5th: Swimming – All Grade 1’s and 2/3TH – 11.30am to 1.00pm.
- Mon. 10th: **PUBLIC HOLIDAY** – Labour Day.
- Tues. 11th: Connecting to Cultures Group Meeting – 3.30pm Creekview (P/1A).
- Wed. 12th: Swimming – All Grade 1’s and 2/3TH – 11.30am to 1.00pm.
- Thurs. 13th: School Council Wellbeing Sub Committee Meeting – 9.00am.
- Fri. 14th: Bluearth.
- Mon. 17th: School Assembly – Grade 2/3W.
- Mon. 17th: Finance Committee Meeting – 2.45pm.
- Mon. 17th: Grounds & Buildings Meeting – 7.00pm.
- Mon. 17th: School Council Meeting – 7.30pm.
- Tues. 18th: W.F.P.S. Cross Country – am.
- Wed. 19th: Swimming – All Grade 1’s and 2/3TH – 11.30am to 1.00pm.
- Thurs. 20th: School Assembly – P/1J.
- Fri. 21st: P/1J Library Visit.
- Mon. 24th: Raffle Books & Money returned to school.
- Mon. 24th: School Assembly – Grade 2/3TH.

**PLEASE NOTE CHANGE OF DATE.**

School Assembly – P/1J.

**APRIL**

- Thurs. 3rd: Special Assembly – Raffle Drawn.
- Fri. 4th: Last day of Term 1 – Dismissal 2.30pm.
- Mon. 21st: **PUBLIC HOLIDAY** – Easter Monday.
- Tues. 22nd: First Day of Term 2.
- Fri. 25th: **PUBLIC HOLIDAY** – Anzac Day.
As the number of nominations does not exceed the number of vacancies we do not need to hold an election. The first meeting of the new School Council will be held in April. The next School Council meeting is the last one of the old School Council.

**SCHOOL CAPTAINS AND HOUSE CAPTAINS**

Congratulations to the following students who have accepted positions of responsibility for 2014.

<table>
<thead>
<tr>
<th>HOUSE CAPTAINS</th>
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<tbody>
<tr>
<td><strong>Tarrenogower</strong></td>
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<tr>
<td><strong>Captains</strong></td>
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<tr>
<td>Darcy S &amp; Mani Cai R.</td>
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<tr>
<td><strong>Vice Captains</strong></td>
</tr>
<tr>
<td>Callan L &amp; Amy C.</td>
</tr>
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| **McKenzie** | **Franklin** |
| **Captains** | **Captains** |
| Charley M & Chelsea C. | Jip V & Chloe H. |
| Jude McM-J & Layla B-Z. | **Vice Captains** |
| Gabe G & Claire R. | Asher B & Shae C. |

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<thead>
<tr>
<th><strong>SCHOOL CAPTAINS</strong></th>
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<tr>
<td><strong>Captains</strong></td>
<td>Stefan M &amp; Mau E.</td>
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<tr>
<td><strong>Vice Captain</strong></td>
<td>Chantel C-W.</td>
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Badges will be presented at assembly on Monday March 17th.

Have a great week

*Mary-anne Rooney*
Principal.

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<tr>
<th>STUDENTS OF THE WEEK</th>
<th>Week Ending – 28/02/2014</th>
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<tbody>
<tr>
<td><strong>R03 (5/6A)</strong></td>
<td><strong>Tara C</strong> – caring for self by listening to instructions, being on task and trying her hardest always.</td>
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<tr>
<td><strong>R5A (5/6O)</strong></td>
<td><strong>Jim R</strong> – caring for self by sharing his wonderful skills and completing work without being reminded.</td>
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<tr>
<td><strong>R13 (3/4BK)</strong></td>
<td><strong>Aidan F</strong> – caring for others by ALWAYS being willing to take on extra organisational jobs to assist with the smooth running of the classroom. <strong>Daniel B</strong> – caring for self by ALWAYS being ready to expect the best of himself and responding to learning tasks in a cheerful and efficient manner. Great work!</td>
</tr>
<tr>
<td><strong>R14 (2/3W)</strong></td>
<td><strong>Zain N</strong> – caring for self by always listening carefully to directions and putting 100% effort into all work tasks. Well done Zain!</td>
</tr>
<tr>
<td><strong>R15 (P/1J)</strong></td>
<td><strong>Natasha M</strong> – caring for self by always completing tasks cheerfully and to the best of her ability. Well done Natasha!</td>
</tr>
<tr>
<td><strong>R16 (P/1A)</strong></td>
<td><strong>Maeve K</strong> – caring for self by working really hard on her handwriting. She should be proud of her fantastic effort!</td>
</tr>
<tr>
<td><strong>R17 (2/3TH)</strong></td>
<td><strong>Natasha M</strong> – caring for self by always completing tasks cheerfully and to the best of her ability. Well done Natasha!</td>
</tr>
<tr>
<td><strong>R18 (P/1M)</strong></td>
<td><strong>David E</strong> – caring for self by giving excellent effort during phonics. Keep up the good work David.</td>
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**CHEF OF THE WEEK:**
- Grade 2/3TH – Lulu S, Molly S, Maeve S and Darcy D.
- Grade 2/3W – Jacob F, Kira M, Caitlin S and Zeon K.
- Grade 3/4BK – JJ K-T, Aiden F, Alina G and Liam S.

**GARDENER OF THE WEEK:**
- Grade 2/3W – Brock C and Jacob F.
- Grade 3/4BK – Riley K and Tom B.

**SOCIAL SKILL:**
- Last Week’s Social Skill was: *I Care for OTHERS by Speaking Kindly and Using Good Manners.*
- The Winners are: Nathan W, Gabe McC and Zain N.
- This Week’s Social Skill is: *I care for the ENVIRONMENT by looking after the School Grounds.*
What’s cooking this week in the kitchen?

- Hummus with Paprika Oil
- Crispy Potatoes
- Grilled Polenta with Roasted Tomatoes
- Zucchini Ricotta and Pea Lasagne
- Chilled Rose Water Rice Pudding with Stewed Plums.

UNIFORM

We have received supplies of some sizes of uniform. Please call at the office if you would like to purchase any items.

EASTER EGG RAFFLE

Thank you to the families who have kindly donated goodies for our raffle. If you are able to donate an Easter egg or two, or perhaps some other Easter goodies, to help make this annual fundraiser a success, it would be greatly appreciated.

Donations can be left at the office. Raffle tickets will be sent home to families shortly, so please endeavour to sell all your tickets ($1.00 per ticket) to family and friends, and return the money and books by Monday 24th March, (latest Monday 31st) to be in the running for one of the special prizes. The major prize will be a big basket of eggs and there will be numerous other prizes up for grabs.

The raffle will be drawn at the school Special Assembly on Thursday 3rd April.

(PLEASE NOTE CHANGE OF DATE)

STUDENT BANKING

Just a reminder to students that foreign currency will not be accepted by the bank. Please ensure that all coins placed in your bank books are Australian currency.

BLUE LIGHT DISCO

When: Friday the 7th March, 2014.
Where: Theatre Royal Castlemaine - from 4 p.m.
Cost: Entry $5.

Reminders

- Honey – 1kg $10.00 ($9.00 Refill) – 500g $5.00 ($4.50 Refill).
- Coffee - $10.00.
- Collect-a-Cap Milk bottle caps.
- School Banking every Tuesday.
- Lunch orders available on Wednesdays & Fridays only.
- School commences – 8.55am.
- Recess – 10.55am to 11.25am.
- Lunch – 1.35pm to 2.15pm.
- Dismissal – 3.15pm.
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.