Lyn’s lines

I don’t know about you but I’m forever telling my boys “You need to have an early night!” It’s amazing how many students come to school on a Monday morning yawning and not able to concentrate. The following article has some interesting information and tips about the value of sleep and how families can ensure that our bodies get the sleep needed to fulfil maximum potential.

Interesting results of a fascinating sleep study conducted in the UK.

By: Michael Grosse- Parenting expert

The study found that children with irregular bedtimes had lower scores in cognitive tests than kids who kept regular bedtimes.

Researchers studied 11,000 British children’s sleeping habits and cognitive development at age 3, 5 and 7 to see if there were connections between the two.

Boys, in particular, with irregular bedtimes were more adversely affected than girls, particularly in the important areas of reading, writing and mathematics.

The negative impact of poor sleep habits in kids is not new. We’ve always known that sleep is good for children’s growth and their health. Lack of sleep impacts: on their immune systems, making them more susceptible to colds and other bugs. Every teacher and parent knows that tired children often get sick……not to mention irritable.

In the last twelve months I’ve seen significant studies attributing lack of sleep with poor behaviour; anxiety and depression particularly in teenagers; and now poor cognitive performance.

Calendar Dates:

AUGUST:
Thursday 29th Blokes’ Night
District Athletics
Friday 30th Fathers’ Day Stall

SEPTEMBER:
Friday 13th Thai Cooking Night 6:00pm
Friday 20th Last Day Term 3, 2:30 dismissal

FULL SCHOOL ASSEMBLY
3:00pm: this Friday 30th August

Interestingly, the key sleep factor that helps children perform better, coping with adversity and behaving better at school is: REGULARITY of sleep habits rather than how long they sleep.

Children who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends- tend to be adversely affected.

Sober habits are important when it comes to sleep.

Children are routine-junkies. They fight routines of all kinds, but they are actually good for them.

Good routines of all kinds (meal-time, bath-time, homework time, bed-time, wake-up time) are essential to children’s healthy development.

Children in chaotic homes: use so much of their brain power just working out what comes next. The allosteric load on their brain is too much for many.

Routine and regularity is vital for sleep too. The sleep clock thrives on regularity. The sleep clock is re-adjusted on holidays and takes some time to get back to normal when they return to school.
How much sleep do children need?

Okay, sleep varies from child to child but the University of South Australia Centre for Sleep Research recommends the following:

- **2-5 year olds**: 11-12 hours per night  
- **6-12 year olds**: 9-11 hours per night  
- **8-10 year olds**: 8-10 hours per night

Here are five ideas to make sure your children’s bedtime stays regular and routine-like:

1. **Don’t let them stay up** more than an hour or two later than normal on weekends.
2. **Have a regular unwind** time before the light goes out, and don’t let them fall asleep in front of the TV.
3. No exercise, big meals or hot baths **directly before** bedtime.
4. **Establish rituals** such as reading a book in bed that triggers the sleep habits.
5. Make their bedrooms **cave-like**. Melatonin, the chemical the brain releases to bring on sleepiness loves darkness, and hates lights of any kind.

Most parents know the importance of sleep, but now we need to appreciate how important structure, namely a **routine**, really is.

**ELECTION DAY**

Just in case you didn’t know, Election Day is September 7th!! If you didn’t know this already you must have been on another planet!!

Our school is a polling booth and we are having the

**TRADITIONAL ELECTION DAY BBQ!!**

**Egg and Bacon sandwiches, sausages, hot tea and coffee** are on the menu!!

Thanks to those people who have already volunteered to help out on the day however: we still need a few more valuable assistants. If you are able to help for any amount of time........... before or after you have cast your vote.....please let the office know.

**Your help is greatly appreciated!!**

**Fantastic Writing**

At our recent curriculum day we joined with teachers from two other schools to share in some professional development looking to improve the general standard of the content in student writing. Following are examples of some senior students writing that is a result of using a writing strategy known as ‘up levelling’

The students were given this sentence, after being introduced to this strategy the sentence takes on a very different writing style, see for yourself!!!

‘That Dog Bites’

That humongous, black, fearless dog was thundering towards me. Its teeth like razor blades with dribble slopping down. Then the bite – dislodging bones and taking flesh. (*Deegan & Max.B*)

A hostile terrier enclosed his jagged jaws into my fleshy arm with anger. (*Georgia & Jade C.*)

That huge and angry English mastiff had a powerful bite. (*Ryan & Cameron*)

The extremely large black dog surely packed a punch with his sharp bite. (*Cody & Ben*)

The little, light brown, aggressive staffy viciously bites unsuspecting strangers who trespass in Symonds Street unexpectedly. (*Max P & Logan*)

The angry, wrinkly, brown bull-dog bites. (*Dan*)

A vicious ex-police canine leapt a blue fence in Cranbourne to maul a lady aged 23 years old. (*Shannon & Apache*)

That dog packed a punch with his bite, as he caught on my arm, then stopped biting and then started acting viciously. (*Jacob & Nick*)

The ugly looking midget, shizhou feral mutt bit me. (*Josh & Daniel Dawes*)

That large pit-bull terrier bites extremely hard because someone teased him with food. (*Alkira & Jade*)

The brown, humongous, angry and starving dog viciously bit its owner. (*Nicole & Hollee*)
BLOKES NIGHT

FINALLY HERE: TOMORROW NIGHT!!!! 6.00 pm

PLEASE NOTE:

Return dates on school notices are there for a reason. When booking an excursion it is necessary to get exact numbers of participants for safety and organisational purposes. Recently staff had to ring many parents for verbal permission for students to go on an excursion on the morning of the excursion.

We need to know who is going: to enable staff time to manage: any medical / first aid requirements, how many adults are needed as there is a specific ratio decided by the DEECD of adults to students, dietary requirements and individual supervision for students with special needs.

NOTICES WILL ONLY BE ACCEPTED BY THE DUE DATE

If you have misplaced an excursion notice, you are able to download a copy of the form from the Bittern PS website at www.bitternps.vic.edu.au

HASTINGS LITERACY FESTIVAL:

Congratulations to the following students whose work is on display, representing: Bittern Primary school.

ENCOURAGEMENT AWARD:

Prep. Henry Graham
1/2 Hossain Alkhasibi
3/4 Kody Budd
5/6 Kimbalee O’Dwyer

STORY WRITING COMPETITION ENTRIES:

Prep. Cadel Ambrose
1/2 Angus Johnstone
3/4 Reyce Fakira
5/6 Kimbalee O’Dwyer

On Tuesday 27th August, students in grades 3 and 4 attended the Literacy Festival at Western Port Secondary College and listened to authors and illustrators including Leigh Hobbs (author of the popular children’s books ‘Old Tom’).

The students had great delight producing their own drawings of Old Tom.

Our representative for the Liz Edmonds award was Hollee Gray.

The Encouragement award winners attended a presentation ceremony at Westernport Secondary College where they received their award from Mark Wilson, author and illustrator.

Hollee did an excellent job of introducing the guest speaker, a great ambassador for Bittern Primary School.

The overall winner of the Year 7 writers was Max Harrison, a Bittern Graduate from last year.

Congratulations Max!

Some of Leigh Hobbs’ famous characters!!!

FATHERS’ DAY STALL

Friday 30th August

Gifts will range from $2.00 to $5.00

Please send money with children on the day.

Thank you.

LION’S QUIZ

On Thursday 22nd August: Georgia McNamara (Captain), Shannon Welsh, Apache Grace and Jade Huber (emergency) represented Bittern Primary School at the Lion’s Quiz held at Westernport Secondary College.

They were a credit to our school and we were proud of them. They won a voucher of $200 (to be spent on books for the school). Well done and congratulations.
**When:** This Friday 30\textsuperscript{th} August  

**Featuring:**  Left over chocolates @ $1.00 ea.  
:  Cooking Club ‘delicacies’

Also come and purchase: organic produce (vegies, herbs etc.) that the children have harvested from the school garden. Maybe make some vegetable soup, which is an easy winter meal on a cold night.

The stall is open for sales between 2:45pm-3:00pm (before assembly) and again at 3.30pm-3.45pm (after assembly).

Anyone with spare home baked goods (e.g. cakes, biscuits, slices, jam) or home grown items (e.g.: lemons, eggs, vegies, fruit, herbs) are also invited to donate them for sale at our stall.

All items must have an accompanying list of ingredients attached.

Just bring them along to school on Friday!

**Prices:** Items range from 50c to $4.00

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**HOT DOGS !!**

Hot dogs will be available this Friday, at a cost of $2.50.

If you would like your child/ren to purchase a hot dog, please complete the order form and return it to school this Friday, together with the correct money.

**PLEASE NOTE – THE CANTEEN IS NOT OPEN ON HOT DOG DAY**

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**HOT DOG ORDER FORM**

I would like to order _____ hot dogs @$2.50

NAME: ___________________ GRADE: _____

Please find enclosed $________________________

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**WOOL WANTED: ANY PLY ANY COLOUR**

If you have any spare wool that you would like to donate, could you please send it along to the Prep rooms?

Thanking you in anticipation Linda and Kate (Prep teachers)

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**THE WESTERN PORT COMMUNITY BUCKET**

The Western Port Community Bucket invites you to join them and be a part of a wonderful evening: raising money for families in need in the Western Port area.

On Saturday August 31\textsuperscript{st} from 6pm they will be providing a sit down three course meal, Auctions, Live entertainment, door prizes and more. There will be a bar with very reasonable prices for drinks. At only $40 per head you won’t get a better evening. There will be a kids area with discounted meals, minders and a movie if required.

For more information or to book your ticket (limited numbers) please contact: Steve on 0425 752 376. You can also check out our web and facebook sites [www.wpcb.org.au](http://www.wpcb.org.au) and [www.facebook.com/wpcbucket](http://www.facebook.com/wpcbucket) or email us :- westernport.community.bucket@hotmail.com.au

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**HASTINGS SCHOOL HOLIDAY PROGRAM**

**MONDAY 23\textsuperscript{rd} SEPT TO FRIDAY 4\textsuperscript{th} OCT**

Bittern Memorial Centre, Hendersons Rd, Bittern

**HOURS:** 7.30AM - 6.30PM

Enrolment forms can be collected from Mornington Peninsula Shire Offices or libraries. Alternatively forms can be downloaded from the Shire Website at [www.mornpen.vic.gov.au](http://www.mornpen.vic.gov.au)

**COMPLETED FORMS NEED TO BE RETURNED BY WEDNESDAY 4\textsuperscript{th} SEPTEMBER**

For further information contact:

Joan Wust on 5950 1641

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Hastings Community Dental Program
Peninsula Health
Helping to keep smiles brighter!
Free/low cost dental examinations and treatment for all ages.
185 High St, Hastings
Phone 5971 9120

Moonlit Sanctuary School Holidays
Young Ranger Program
Environmental Activities, Native Animal Care,
Fun and Games during spring 2013.
Monday 23rd, Wednesday 25th, Friday 27th
September
Monday 30th Sep, Wednesday 2nd, Friday 4th
October
Cost: $39.00 per day, or $105 for 3 days.
Bookings essential - suitable 7-14 years.
Hours: 10AM – 3PM
Wear closed-toe shoes and long pants and remember your hat.
Lunches: BYO or available for $7.50

Moonlit Sanctuary
550 Tyabb-Tooradin Rd, Pearcedale
Ph. 5978-7935
Web: www.moonlit-sanctuary.com
Open daily between 10am and 5pm

BELEZA SOMERVILLE
WILL NOW OPEN
10am – 1pm SATURDAYS
UNTIL THE END OF TERM 3