Lyn’s lines
Welcome back to another busy term at Bittern Primary School; this term is traditionally filled with many activities including graduation for our senior students as they prepare for their secondary school journey and our end of year whole school celebration with ‘Bushwhazee’. Interestingly, after observing the students who appear a little tired after 2 weeks holiday and from conversations with parents it seems that daylight savings has taken its toll and some parents and students are struggling with bedtime routines. Following is some advice from well-known parenting educator Michael Grose in establishing bedtime routines.

BEDTIME
Bedtime can be a battle in many families as children resist attempts to end their day and allow parents to have some time to themselves. Often at the end of a long day all you want is a little peace and time for yourself. After all, you have probably devoted the entire day to the service of children in some form. Whether it is putting bread on the table or being gainfully employed in an unpaid position as housekeeper and cook, you deserve a break. Come on, kids, be reasonable! But children do not always see bedtime from a parent’s perspective. They often dispute calls for bed and complain loudly that it is too early. None of the other kids at school go to bed at 8 o’clock, Mum. “It’s not fair.” is the sort of line that is used in thousands of homes each night. Others procrastinate with toilet-time, last minute drinks and detailed arrangements of teddies so that bed-time stretches by half an hour before parents realise what is happening.

Some parents are plagued by jack-in-the-boxes who reappear as soon as the bedroom light is turned off while others have night-callers who keep parents busy with comments such as: “I can’t get to sleep.” If bed-time presents difficulties in your home try the following ideas at kids’ bedtime so that you can maximise the time you have for yourself and your partner. A clear plan can help make the end of the day less of a chore for parents.

WHAT TO AVOID

- Over-stimulating children before bedtime. Engaging kids in a friendly wrestling match on the floor five minutes before bed-time will ensure you have a real battle on your hands.
- Allowing children who delayed bedtime to sleep in to make up for lost sleep. This will ensure that they stay awake at night. Wake children at the same time each morning.

DEVELOP A BEDTIME PLAN

Distinguish between being in bed and being in the bedroom. Children differ in the amount of sleep they need — so to expect them to go to sleep at a certain time is unrealistic. However, they can be expected to be in their bedrooms at a set time and then regulate their own sleep habits.

- Have a set routine such as ‘quiet time, drink and story’ which signals the end of the day and stick to it. Even older primary school children benefit from a set routine that lets them know what is expected so they can plan accordingly.
- Be firm and resist procrastination. Try always to say good night at the appointed time even if children are not quite ready.
- Turn the television off and, if necessary, remove other distractions such as computers, mobile phones and video games while children are going to bed.
- Return jack-in-the-boxes to their bedrooms and ignore repeated calling out for drinks and other attempts to keep you busy. Make yourself scarce. Go to another part of the house and be unwilling to be drawn into a game of the children’s making. Only nightmares and earthquakes should cause you to go to their bedrooms.

CALENDAR DATES:

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<tr>
<th>OCTOBER:</th>
<th>Summer Light. Premiership</th>
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<tr>
<td>Thursday 10th</td>
<td>Bunnings BBQ</td>
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<td>Saturday 12th</td>
<td>Police Band</td>
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<td>Wednesday 16th</td>
<td>Life Education Van</td>
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<td>Tues 22nd, Wed 23rd</td>
<td>Life Education Van</td>
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<td>Thurs 24th</td>
<td>Spring Food Festival - help required</td>
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<td>Friday 25th</td>
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THE ATTITUDES TO SCHOOL SURVEY

Earlier in the year students in years 5 & 6 participated in a survey that asked them questions about their school in the areas of:

- Student relationships
- Student Wellbeing
- Teaching and Learning at Bittern Primary School

The results of the survey have just been released and the data in most areas is on an upward trend, which is very pleasing. The students at our school feel safe, have good relationships with staff and their peers and are engaged in their learning, a positive indicator of the health of our student population.

NAPLAN

Student in years 3 & 5 will receive their NAPLAN results on Thursday with an explanatory letter for parents on how to interpret the visual information. The results of relative growth from the students who have been with us for both Grade 3 and Grade 5 have shown a medium to high growth in most areas. Great work!

TERM 4 CLUBS

For some students lunchtime can be a long time to be out in the yard for many reasons. To provide students with some other options and alternatives there are several lunchtime clubs that can be accessed on a daily basis. These clubs include:
- Monday - LEGO
- Tuesday – Knitting & Embroidery
- Wednesday – Choir and Computer
- Thursday – Storytime
- Friday – Golf & Junior School Council

SPRING FOOD FESTIVAL

Help! Help!

More helpers are needed for our food festival. If you can donate some of your time it would be greatly appreciated. Attached is a flyer. Please call in to the office or telephone if you can assist.

Bittern Primary School Produce Stall

When: This Friday 11th October
Featuring: Chocolates @ $1.00
Cooking Club delicacies
Homemade pickles and jams

Also come and purchase organic produce which the children have harvested from the school garden.

The stall is open for sales between 2.45p.m. – 3.00pm (before assembly) and again at 3.30-3.45pm (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 range from 50 cents to $4.00.

BITTERN PRIMARY SCHOOL SHOPPING TOUR

Saturday 9th November.
Cost - $30 approximately – (depending on numbers attending).
More information to follow.
Further Details:
Contact Jane Piotrowski on 0417591890.

Have you downloaded the tiqbiz app?

IT’S FREE!!!

Already we have sent notifications to parents, teachers and school councillors on a variety of school matters. This is a great way of communicating last minute changes such as ‘sports cancelled due to inclement weather’, last minute reminders for notices to be returned to name just a few times where this system will be a great advantage to the school. If you need reminders you need TIQBIZ!!!

You are able to select the types of messages you wish to receive, for example, you can select whole school information or messages just from your child’s/children’s class. The app sends a signal to your phone similar to the notifications you receive via text messages.

Communication to all members of the community continues to be a challenge as people have preferred modes of receiving ‘mail’. At this stage we communicate through e-mail, hardcopy, newsletter, grade newsletters, and now Tiqbiz!
“THANK YOU” TO EVERYONE WHO VOLUNTEERED TO HELP WITH THE HOT DOGS. (THERE WAS A GREAT RESPONSE) ….AS A RESULT THERE WILL BE HOT DOGS IN TERM 4

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**

<--------------------------------------------T-------------------------------------------->

HOT DOG ORDER FORM
I would like to order _____ hot dogs @$2.50
NAME: _________________  GRADE: ____
Please find enclosed $_________________

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**CRIB POINT MILO CRICKET**
Boys and Girls 5 years+
Friday Nights from 5pm to 6pm
Starting 18th October, 2013

**CRIB POINT JUNIOR CRICKET**
Players needed for:-
Under 10    Friday nights
Under 12    Saturday mornings
Under 14    Sunday mornings
Under 16    Saturday mornings

Further enquiries: 0402 592 012
Bittern Primary School
Presents
Code 1 Police Band
Wednesday 16th October
11:30 to 12:30
Portsmouth Road Bittern

All community members are welcome.
We hope to see you there!

Please phone:
59839590
For all enquiries
**Spring Food Festival News**
**Friday 25th October**

**Are you a parent, with your own homemade craft business?**
(e.g. handmade jewellery, cards etc.)
*Are you interested in hosting a stall at our Spring Food Festival?*
If so, then we would love to hear from you.
All we ask is a $25 fee, and then you keep your takings!
Please see Miss Lewry in Grade 3/4A if you are interested.

**The Great Bittern Bake Off**
*Is back, this time at our Spring Food Festival.*
Bring your decorated cake in on the day. There will be a prize for the best cake, as judge by the CWA, plus a silent auction!!

*Cakes must be labelled with ingredients*

**Keep your eye out for our weekly donation requests.**
We will be requesting:
- Chocolate bars, cans of drink and bottles of water
- Second hand books plus coloured hairspray, washable tattoos
- Jars and balloons
- Cookies, gingerbread men, cupcakes and cake decorating items.

All items donated are very much appreciated and we thank you for your support. 😊

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<th>Preferred time:</th>
<th>☐ 3:30-5:30</th>
<th>☐ 5.30-7.30</th>
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<tbody>
<tr>
<td>Preferred event:</td>
<td>☐ Kitchen</td>
<td>☐ BBQ</td>
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**Name:** ________________________

**Phone Number:** ________________________