



“Learning Together”



A community of active thinkers who can achieve their dreams.

Caring, Respectful, Learners

Issue No. 7

Term 1

Week 7

17th March 2023

Student of the Week **Congratulations to:**



Matilda: For showing support and encouragement towards others in the classroom. Well Done Matilda.



Charlotte M: For showing a fantastic effort using different types of punctuation in her writing and always displaying amazing listening skills. Well done!



Harper McC: For her respectful attitude during mini lessons and for being a focused and helpful learning partner.



Paddy B-T: For his excellent active listening and participation in class discussions. Superstar Patrick!



Minssa A: For the amazing effort you put into learning. You listen carefully to feedback and take pride in all of your work.



Lexi P: For applying yourself so well to all of your learning tasks this week! I am proud of the effort you've put in.

IMPORTANT DATES

Wednesday 15th—Monday 27th March—NAPLAN test window (see p.4)

Wednesday 16th March—School Council meeting 7.30pm

Friday 24th March—Harmony Day

Friday 24th—Sunday 26th March—Farm World

Tuesday 28th March—District Athletics

Thursday 30th March—District Athletics back-up day

Tuesday 4th April—Parent/Teacher/Student Learning conversations from 2.30pm

Wednesday 5th April—last day of term—3.15pm finish

Thursday 6th April—Curriculum day—no students at school

Friday 7th April—Good Friday—PUBLIC HOLIDAY



PRINCIPAL'S REPORT



Dear Parents and Carers

NAPLAN

Well done to all of our Year 3 and Year 5 students who have been participating in the NAPLAN testing this week. Teachers have reported that all students have been very engaged throughout the process and have all tried very hard to show their best efforts. Well done to our teachers for creating an environment where students feel safe and supported in their learning.

FARM WORLD DELIVERY SERVICE HERE WE COME

This year we have had an absolutely amazing response to our request for Farm World volunteers. Our delivery service will hit the ground running in less than a week from now! Thank you to everyone who has volunteered their time over the period of Farm World. The \$10,000 raised will be allocated to playground improvements and upgrades.

PLAYGROUND AND GROUNDS IMPROVEMENTS

Very soon we will be seeking input from students, staff and parents as to ideas that will improve our play spaces and grounds. Our School Council will be engaging the services of a landscape/playground designer to assist us to develop our ideas into a master plan that we can work towards achieving over the coming years. Please look around at other parks, schools and play spaces and if you see anything that catches your eye and would be suitable for our school, we will be happy to receive photos and written suggestions.

SAFE INTERNET USE AT HOME

The Year 5/6 teachers and I recently met with our Year 5 and 6 students to discuss the issue of safe and respectful use of the internet whilst at home. We have had reports of a number of our students being involved in making inappropriate comments about other students online and also discussion between students about adult sites they are accessing.

I will be sending more specific information home soon to the parents of our senior students but thought it is a good reminder to all parents about ensuring you know what children are doing online, what sites they are accessing and who they may be chatting with.

A great place to find information is the website for the e-Safety Commissioner which can be found here: esafety.gov.au

Michael Smith—Principal

Caring, Respectful, Learners

Drouin South Primary School Community acknowledges the Kurnai –Gunai Peoples as the traditional custodians of the land on which we live and learn together. We pay our respects to elders past, present and emerging.

Farm World Delivery Service

Thank-you to all those who have offered to help at Farmworld, the amount of volunteers this year is amazing.

Volunteer packs, which include tickets and other information, have been sent home with your eldest child today (Friday 17th March).

If you need your pack delivered differently, or do not receive your pack by Monday afternoon, please let Melissa know on 0431978181.

For anyone who isn't able to volunteer time, but would still like to contribute, we would love some donations of packs of bottled water and soft drinks for the volunteers to use.



Farm World 2023 will be held from Friday March 24th to Sunday March 26th.



Drouin South Primary School

Easter Raffle



Dear families,

The DSPS parent's club is running an Easter Raffle and we need your help!

We are asking for all families to donate anything with an Easter theme, including chocolate eggs/bunnies, soft toys, easter craft, baskets etc. Please put all donations in the basket in the office.

The items collected will be put into hampers to be raffled off.

Each family will be given a raffle book to sell and there are more available upon request. Please make sure you write a name and phone number on each ticket. Tickets will be \$1.00 each. No change will be given from the school, so please ensure correct monies are handed in.

All donations and raffle books need to be brought into the school by **Wednesday 29th March**.

The raffle will be drawn on **FRIDAY 31st March** and prizes will be at the school for collection before the end of term on Wednesday 5th April.

Your contribution is greatly appreciated!

Thanks, Parent Club



We will be celebrating Harmony Day next Friday (24th March) with a wide range of fun activities that celebrate the theme of 'Everyone Belongs'.

Students are invited to add an orange item to their uniform such as socks, a hair ribbon etc.

Junior School Council will be selling Orange Ice Cream Spiders for \$1 with proceeds going towards the Smith Family, a charity that supports improved educational outcomes for young children and youth suffering disadvantage.



A message from our Chaplain.....

Hi everyone. Here is this week's contribution from—A Victorian Grandmother's guide to parenting—advice from the mid 1800's.

"Always accept Blame yourself when it is justified."

Hard to do but necessary for building trust and credibility with your kids.

Don't forget on Thursdays & Fridays, I'm around for a confidential chat about life if you need someone 'out of the loop' to talk to.

Talk to the office about an appropriate time.

Cheers, Hayno.



NAPLAN

National Assessment Program - Literacy and Numeracy Information for parents and carers

- All students in Years 3, 5, 7 and 9 in Australia do NAPLAN tests in March each year.
- NAPLAN tests students' skills in reading, writing and maths.
- The test questions are presented in Standard Australian English dialect.
- Students read some of the questions and listen to others with headphones.
- The tests will get easier or harder, depending on how students are going in the test.
- Students do four different tests. The names of the four tests are:



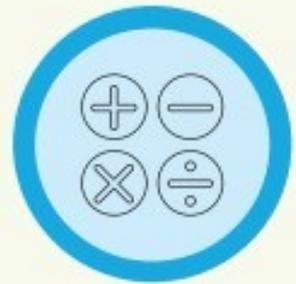
Writing



Reading



Conventions of language
(spelling, grammar and punctuation)



Numeracy

- Students in Year 3 will do the Writing test using pencil and paper. Year 3 students will answer the other test questions on the computer.
- Students in Years 5, 7 and 9 will answer all their test questions on computers.
- Teachers will help students get ready for NAPLAN tests.
- Schools will get their students' results. The school will then give parents/carers a report showing their own child's results.
- Parents/carers can talk to the teacher about these results.
- NAPLAN shows how students are going all over Australia. People who work in the Australian Government, state and territory education authorities and schools use NAPLAN results. The results let them see which schools are doing well and which schools might need help.

Talk to your teacher if you have any questions about your child doing the tests.

For more information on NAPLAN, visit nap.edu.au.

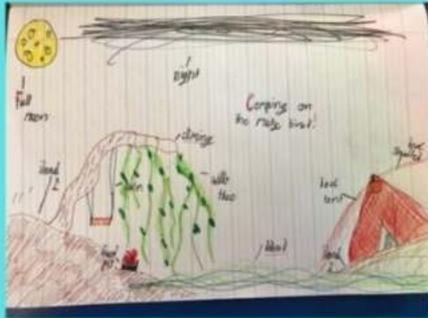


GRADE 4

Writing



Great Idea



We make sure we spend time generating lots of interesting ideas... to spark engaging writing!



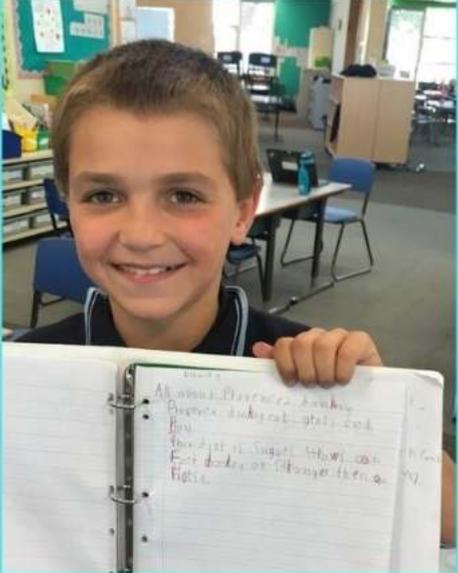
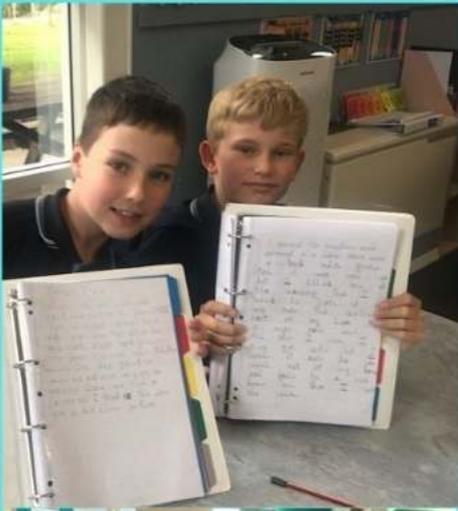
DRAFT

Drafting our writing before we return to revise, edit and uplevel!

GOAL!

We strive to achieve our personal goals which we refer to every day and have conferences about!

GOAL TEAM



We have writing partners who give us feedback!

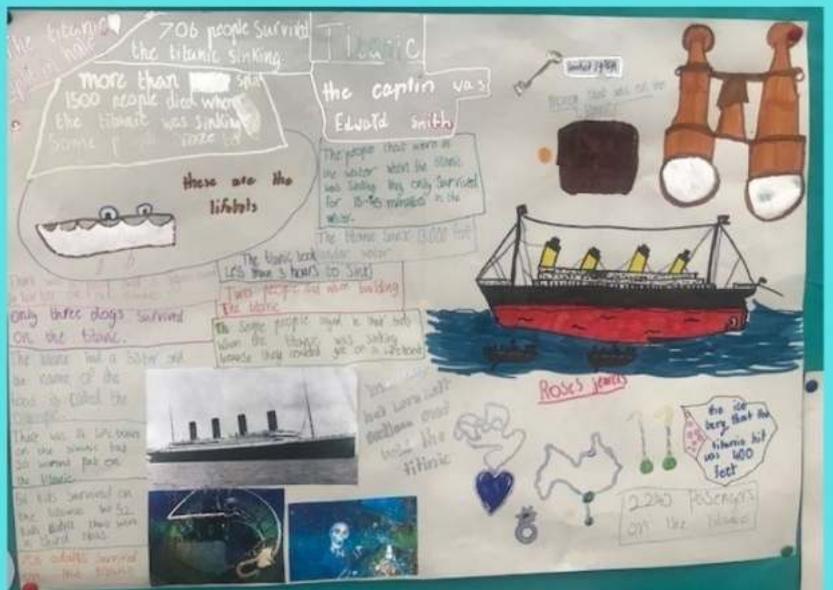
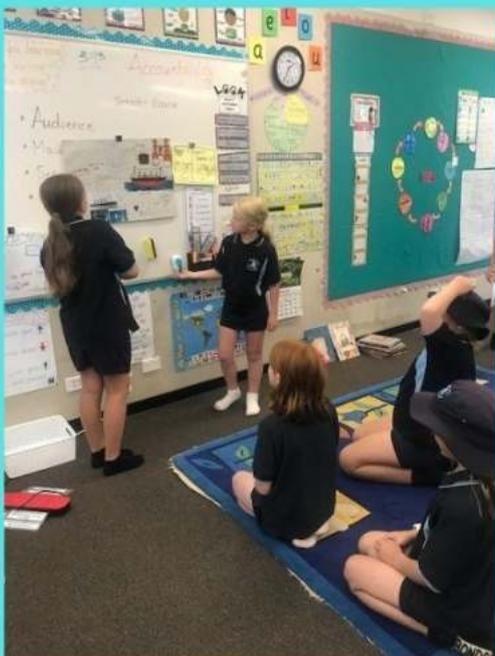


WRITING



Your VOICE MATTERS

Student voice in the classroom often leads to posters being created about high interest topics. Presenting posters to interested students is a great way to develop speaking and listening skills in an authentic way!



The Kookie Shop needs you!

We are seeking donations of new or clean and in good condition used items for our Kookie shop.

Items can be sent to school and given to the office.



Items such as books, toys, games, stationary etc. would be happily received.

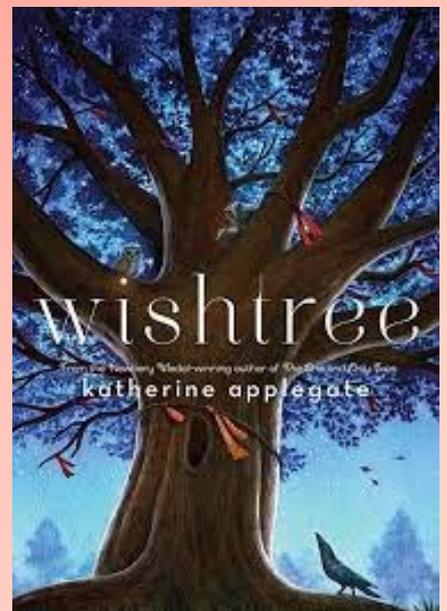
Thank you for supporting The Kookie Shop!

New in the Library!

Wishtree by Katherine Applegate

Red is an oak tree who is many rings old. Red is the neighborhood "wishtree" — people write their wishes on pieces of cloth and tie them to Red's branches. Along with her crow friend Bongo and other animals who seek refuge in Red's hollows, this "wishtree" watches over the neighborhood.

You might say Red has seen it all. Until a new family moves in. Not everyone is welcoming, and Red's experiences as a wishtree are more important than ever.



*Find this and other great books in the
DSPS library!*



SLEEP FACTS FOR PARENTS

Things you should know about students' sleep deprivation and mobile device use.



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.

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 clocks (2) 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 anxiety (3) and worry¹ which can make it harder to sleep.

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)

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 school (6)
- Reluctance/arguing about getting off phones/devices and going to bed (7)
- 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

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.

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 Hygiene (10), 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).

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

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

- (1) [See Resilient Youth Website](#)
- (2) [See Body Clock SHF Fact Sheet](#)
- (3) [See Anxiety and Sleep SHF Fact Sheet](#)
- (4) [See Sleep Needs SHF Fact Sheet](#)
- (5) [See Depression and Sleep SHF Fact Sheet](#)
- (6) [See ADHD and Sleep SHF Fact Sheet](#)
- (7) [See Behavioural Sleep Problems in School-Aged Children SHF Fact Sheet](#)
- (8) [See Delayed Sleep Phase Disorder SHF Fact Sheet](#)
- (9) [See Childhood Snoring and Sleep Apnea SHF Fact Sheet](#)
- (10) [See Good Sleep Habits and Good Sleep Habits and Sleep Tips for Children SHF Fact Sheets](#)
- (11) [See Sleep Problems and Sleep Disorders in School Aged Children SHF Fact Sheet](#)

[Download a printable version of fact sheet](#)





(Galloway St, Warragul)

2023 Junior Badminton Season



Dear Parents,

Welcome to our 2023 badminton season. It has been great to see many juniors taking full advantage of Warragul's Casminton program, the Association's Shuttle Fun program, and the summer competition. We have now come to the part of the year for us to get ready for the badminton competition season starting the first week of Term 2.



Registration night

Registration night will be held on Monday the 20th of March at 6.00pm. This night is set aside for players to come and try, meet the coaches and register for:

- Monday night trainings for Term 2 and 3
- To be in a Friday night competition team for Term 2 and 3

OR BOTH

Term 1 Training nights

After the registration night, there will be two training nights to end Term 1 leading up to the April School holidays.

- Monday the 27th of March
- Monday the 3rd of April

5.30pm to 6.30pm

- New and experienced junior players
- Players 12 years and younger

6.30pm to 7.30pm

- New and experienced junior players
- Players 12 years and older

Season Training Afternoons and Times

Due to our competition season starting on Friday the 28th of April, we will start our first training afternoon on Monday the 24th of April. We will be holding two training times due to the hours and needs of our players.

Training times	Suitable Players	Afternoons
5.30pm to 6.30pm	<ul style="list-style-type: none"> • New and experienced junior players • Players 12 years and younger 	Monday afternoons for the duration of the school terms' 2 and 3.
6.30pm to 7.30pm	<ul style="list-style-type: none"> • New and experienced junior players • Players 12 years and older 	Monday afternoons for the duration of the school terms' 2 and 3.

Season Calendar (Term 2 & Term 3):

Below is the outline of the 2023 badminton season. More information will come out early next year about training nights, competition night times and fees for the season.

Key:

Friday night - home and away competition matches (14 rounds)

Doubles Tournament

Singles Tournament

- Preliminary Finals
- Semi Finals
- Grand Finals

January						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April						
S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July						
S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

We are looking forward to seeing all of you for our 2023 year.

Email: warragulbc@gmail.com

Mobile: 0418 540 421

Sincerely

Warragul Badminton Club