

Sleep is Essential

"Sleep is essential for a healthy life, and it is important to promote healthy sleep habits in early childhood," says Dr. Paruthi, of the American Academy of Sleep Medicine. "It is especially important as children reach adolescence to continue to ensure that teens are able to get sufficient sleep."

How much do you need?

Infants between 4 and 12 months - 12 to 16 hours of sleep including naps.

Children 1 and 2 years - 11 to 14 hours

Children 3 and 5 years old - 10 to 13 hours.

6 to 12 years old - 9 to 12 hours

Teenagers to 18 need 8 to 10 hours

Adults, - 7 to 9 hours of sleep each day

Getting the right amount of shut-eye is critical to kids' developing brains and bodies. The consensus from the panel was that if children clock in enough hours of sleep on a regular basis, it will lead to a host of improvements, plus better overall mental and physical health. On the flipside, the researchers found that sleeping fewer than the recommended hours directly affected a child's behavior and increased their risk of a number of potentially harmful and life-long health problems.

Putting aside enough sleep for a child is one of the best ways parents can lay a foundation of healthy habits that children can take with them into adulthood. With more than one third of the adult population sleep deprived, sleep becomes paramount for children to avoid the consequences that come with a lifetime of sleep problems.

Community News

Spanish for Kids!!

Now your child has the opportunity to learn Spanish as a second language. Learning languages at a young age can improve a child's verbal, oral and written skills and also expand their perception of the world.

Starts term 3, 2016

Introduction to Spanish for Kids - 8 weeks Cost \$120

Kindergarten to year six (5-12yrs)

Original teaching method incorporates song, movement, drawing, theatre and story-telling activities. Children learn basic Spanish vocabulary and grammar creating a solid foundation.

Fun, dynamic group environment includes audio CD and workbook.



For further information
please contact Casey:

0432 342 347
caseywelsh@gmail.com



Free Come and Try BMX & Sign-on Day

Saturday the 23rd July 2016

Two Free coaching and training Sessions to choose from **9.30 am to 11am** or **12pm to 1.30pm** for new riders to gain basic bike skills and confidence to ride on the BMX track.

This will be a great opportunity for anyone who is interested in finding out more information about BMX racing as a sport. Riders of all ages from 2 years up can join in the fun and have a ride around the BMX track.

BMX is not just for the boys - the number of girls riding and racing BMX bikes is on the increase throughout Australia. The great thing about BMX as a sport is that the whole family can get involved, and all the family can do the same sport at the one place and time. Riders and spectators will experience the thrills and excitement of this family orientated sport.

Bring along a **good working order bike** (Bike size can be from a 16 inch BMX to 26 inch mountain bike or strider balance bikes for the very young) and **safety gear** - bike helmet (preferred full face) long pants and long sleeve shirt, shoes and socks that cover the ankle, gloves (any type will do).

If you do not have some of the safety gear, ask at the canteen on the day as we do have a limited number of helmets and gloves to loan out.

The club will have someone on hand to checkout your bike and help with making it safe to ride.

Stay around after the last session and join in our AGM and GM to find out what is happening in the club.

Tell all your friends and your parents.

The Clarence Valley BMX Club's race track located at the corner of Abbott and Vere Streets in South Grafton.

More information is available at the **Clarence Valley BMX Club's website** and updates on the **Clarence Valley BMX Club facebook page** or call Club Secretary Taya on 0451 456 150.

BreastScreen
NSW

NSW
Health



The mobile unit
is coming

Maclean

Alexander Street
In the Library car park
Mid July - Early August 2016

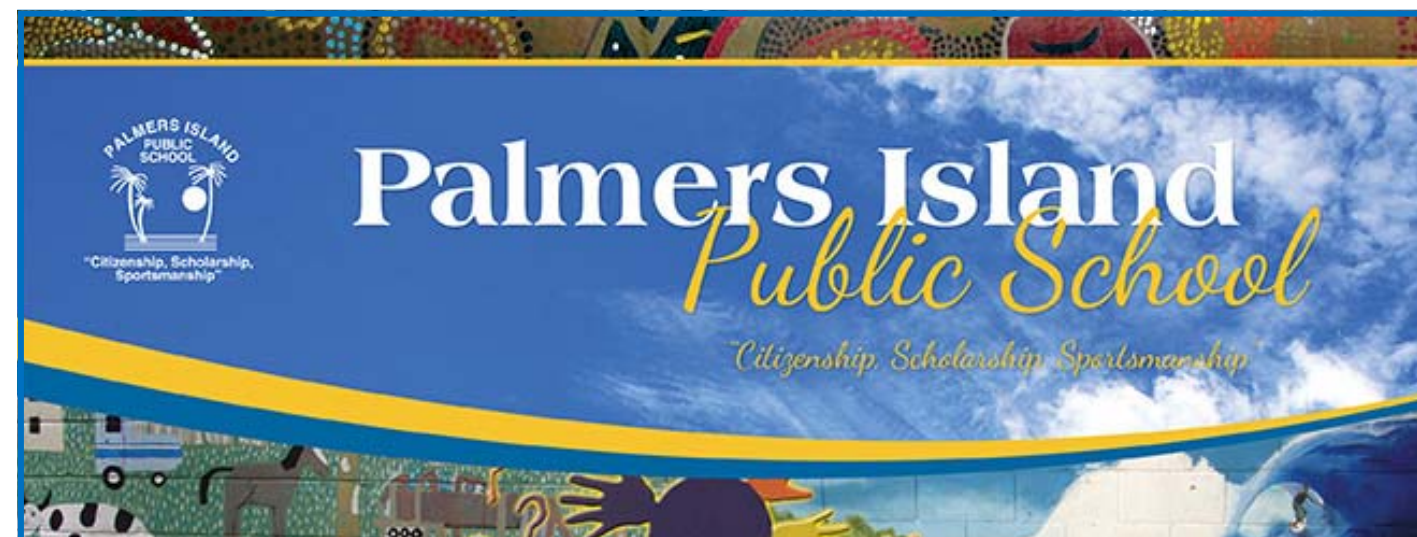


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Yamba Road, Palmers Island NSW 2463

Phone: 02 6646 0114

Fax: 02 6646 0328

Email: palmersisl-p.school@det.nsw.edu.au

Palmer's Island Public School Newsletter 19th July 2016

Awards of the week



Principal News

Welcome back to term 3. I hope you all enjoyed your two weeks break. Everyone is looking refreshed and ready for another busy term. We welcome Bryce Davies who is relieving as the Teachers Aide in the 2/3 Classroom whilst Mr O'Brien is away this week.

Yesterday the staff and I worked on the School Anti-Bullying Policy along with the Fair Discipline Policy, Platinum Rewards Day and National Collection of Disability Data. More information will be coming to families

and students in the coming weeks about these topics.

The debating team travelled to Gulmarrad Public School today to compete in two rounds of the Premiers Debating Challenge. Although they worked hard together and put up two very strong arguments they went down against Yamba and Gulmarrad.

Good luck to our soccer players who travel to Maclean on Friday to compete in their third round of the Small Schools PSSA Soccer Knockout competition against Ulmarra Public School.

Pre-Kinder resumes this Friday from 9.15am to 11.15am. We welcome our new enrolments and Mr Matthews to the Pre-Kinder teacher role.

Thank you to everyone who contributed to the Election Day fundraising.



19 July 2016



- **Soccer V Ulmarra Maclean 10.30am Friday 22nd July**
- **Platinum Day Friday 29th July**
- **Education Week commences Monday 1st August**
- **Education Day—Open Classrooms Tuesday 2nd August**
- **Small Schools Athletics—Illuka Thursday 4th August**
- **Writers Festival Maclean Friday 5th August**

School Banking day is: Tuesday



TUCK SHOP

Date	Canteen Duty	Cooking Duty
25th July	Kelly Martini Liz Kavanagh	Garbie Croft Kelly Martini
1st Aug	Carley Grayson Bec Carr	Belinda Skelton Colleen Bylos

“Migaroo” the albino Kangaroo has been making a number of appearances on the school grounds. We love it when he visits!

Kind Regards, *Ellie Wiseman*



School News

K/1 Class News

Hello everyone,

I hope you all had a fantastic holiday break. I am looking forward to a great first week back with K/1. This weeks NEWS topic will be “On the holidays...”. Tell us all about the exciting things you did in the holidays.

This term Drumming and Maths groups will be on Tuesday. Sport and Library will be on Friday. I will be organising a meeting for Wednesday afternoon, the 27th July to gauge interest for fundraising ideas to help cover the cost of our Term 4 excursion to Dolphin Marine Magic Park. Cost for excursion is approximately \$40 per student. If you are unable to make it to the meeting please forward any fundraising suggestions via Class Dojo and I can put them forward at the meeting.

Kind regards,

Ms Davies

2/3 Class News

Hello everyone and a warm welcome to term 3! I hope everyone had an enjoyable school holiday period. I look forward to having the kids back in the classroom, and I am sure there will be lots of Pokemon discussions! Parent teacher interviews were conducted at the end of term 2 and I sincerely thank you all for your time and efforts as we work together towards success and another successful semester. Back to student business - Drumming remains on Tuesdays. The students are working towards showcasing their skills during some performances this term. Library day also remains on Wednesday this term, so please continue to help me with ensuring the students are borrowing and returning books as much as possible. Notes for the term 4 excursions will also be going home with your child at the end of this week. Year 2 are off to Dolphin Magic at Coffs Harbour, and year 3 will join me at Cascade for an exciting, outdoor type adventure. More information to come. We are back live on Class Dojo from today, so feel free to get in touch with me if you have any questions.

Thanking you,

Miss Smith

4/5/6 Class News

Term 3 Week 1 Tuesday 19th July

I hope that everyone had an awesome holiday!

I would like to welcome Miss Keana Thornberry to our class for the next 10 weeks. Keana is completing her final practicum placement for her teaching degree through UNE.

We certainly have a busy time planned already! Our focus unit will be based around “Drones, Droids and Robots”. This is the theme for this year’s Science week (13th – 21st August).

Great work debaters at Gulmarrad this morning.

For homework this week the children are asked to complete Unit 19 in their mental books. Complete some extra spelling activities in the June/July choice board. Get those “Home Reading” journals up to date. Practice your spelling words!

Remember that Year 6 shirt day is Wednesday! They look fantastic.

Cheers,

Kathy Hardaker

P&C News

I was the parent representative to Kids Matter training in Ballina. This third stage of training was about Working with Parents and Carers to build better relationships. Kids Matter is a mental health and well-being initiative set in primary schools and early childhood education and care services. It is a framework to help these places create positive communities, teach children skills for good social and emotional development, work with families and recognise and get help for children with mental health problems. The website has more information on the initiative as well as information sheets on school refusal, bullying, Anger, Anxiety. It is worth a look. <https://www.kidsmatter.edu.au/>

Thanks,

Margie

Soccer news: We will play the third round of the competition on Friday 22nd July (This week!) in Maclean against Ulmarra at 10:30 am. I would like to thank “Bryce” (Ms Davies son) for coming in to coach the team. Please complete and return the note to attend our match.

Kids Matter

The **Next P&C Meeting** is on **WED 3rd AUGUST @ 3:00pm.**

All Welcome!!