CHANGE OF ROUTINE
On Thursday all teachers will be participating in a workshop promoting quality teaching. The workshop will provide teachers with ideas on how to plan and implement strategies to promote thinking skills in their classrooms.

While the workshop is conducted, students will see 2 visiting performers, a Mongolian throat singer and an African rhythm performance. Mr Rutherford and temporary teachers will supervise students.

PARENT / TEACHER INTERVIEWS
It is not too late to contact us to make a time for Parent / Teacher Interviews.

ANZAC DAY—25 APRIL
The school will participate in the March. We will meet at 10.45am near the Chemist. Please wear school uniform. The sub branch of the RSL will provide a snack for all those who participate after the service.

SCHOOL DEVELOPMENT DAY 28/4
Tilba and Bodalla schools are joining with Bermagui staff to investigate the use of tablet technology in classrooms. This will assist us to revise and plan for technology learning in the future in our school.

NETBALL
Congratulations to Grace Gowing, Mikayla Shaw & Caitlin Reid for being selected for the Far South Coast Netball team to attend trials for the South Coast team.

BOARDIES’ DAY
We raised $134 for Bermagui Surf Club.

HOMEWORK CHALLENGE
CLASS PHOTO
Draw your own class photo & put it in a frame. Include all your class members. Each classmate should be drawn to show a positive aspect of their character (eg likes netball—draw in netball bib, likes reading—draw holding a book).

IMPORTANT
Thank you to all those who have returned the Parent/Carers’ education levels and occupation’s form. This information will be harvested from the school system on 12 April.

School funding is based on a formula which includes education levels and current occupation of parents. This information is now required urgently. Forms are available at the office.

BUSY TIMES
2 April Year 3/4 Interviews
7 April Year 1/2 Interviews
8 April Year 2/3 Interviews
9 April School Photos
10 April Kindergarten Interviews
11 April K-Y2 Easter Celebration

Time Change

SCHOOL HOLIDAYS
12-28 April Students return on Tuesday, 29 April

KEY DATES / BUDGET—TERM 2
7 May School Cross Country
13-16 May NAPLAN Y3 & Y5
20 May Visiting performer K-Y6 Zoo Mobile—No charge
21 May Visiting performer K-Y6 CSIRO visit—No charge
26-30 May Y5 & Y6 Excursion $300

VISITING PERFORMANCES
The school believes that students benefit (both academically and socially) from these quality performers and presentations. These experiences also help to overcome isolation from larger towns and cities.

DANCE OZ FOR KIDS
Please see accompanying flyer distributed to Kindergarten-Year 4 Dance Oz for Kids program for Kindergarten to Year 4 is a private company. All enquiries and payments are directed to the company.

SCHOOL PHOTOS
Photos will be taken on Wednesday, 9 April. Envelopes have been sent home and need to be returned by 2 April.

If you require a family photo (with siblings at our school), please collect an envelope from the office.

CANTEEN ROSTER
Wed 2.4 Lucy Merlino
Fri 4.4 Stacey Reid

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Community Announcements

Net-Set-Go  rego Sat 5/4 & 12/4 10-11am at Bermi Stadium. 5-11 years. $55 registration. Contact Norma 64933208

Gymnastics & Trampolining finishes for Term 1 on Wed 7/4. We return Week 2, Term 2 (Mon 5/5). For more info call Ros on 64934264 (after 6pm)

Library  School holidays are fast approaching, to find out what is happening at your library ring Bermagui 64992411. Are you a Lego fan, then check out when the Lego bricks will be at your library during the holidays

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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; 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 sleep-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.