Principal’s Message

I would like to say a very big thank you to all of the students, parents and staff at Oxley Vale Public School. This has been one of the best starts to a school year I have seen in some time. Every time I step into a classroom I see students and teachers hard at work trying to do their best. I see happy faces in the playground and students having fun and being respectful towards each other.

This term is already starting to get busy so we have included a Term Calendar in the Messenger this week. Please feel free to keep it on your fridge or somewhere equally visible to see what is coming up. We will be adding more dates as activities pop up but keep your eye out.

I hope everyone has a great week this week.

Luke Norman
Relieving Principal

“You Can Do It” focus this term
This term most classes will be focussing on “Being Organised.” Teachers will be taking students through a series of lessons designed to get students thinking about how they can be organised for learning as well as for other elements of their life. You may hear your children talking about how they are able to get organised. It would be great if families talk to their children about how important this can be in other areas of their life.

Sporting Success
We would like to pass on a very big congratulations to two of our talented young athletes, Bridie Martin and Sarah Gill. Both of these young ladies attended a Little Athletics meet last week with great success. Both girls came away with medals for their respective events. We wish them both well at the next level of competition.

Oxley Vale Tragedy
As you may or may not be aware Charlie Jean Moore’s family lost their house in a fire over the weekend. Thankfully all family members are safe and well. The school would like to ask for support from our community to help the family out in their time of need.

At this stage the family is in temporary accommodation so storage is limited. They have the basic essentials such as food and everyday clothing however they are short on uniform items. If you have any girls’ uniform items for a 6 year old girl (approx. size 8-10) and are happy to donate them the family would be most appreciative.

Over the next few weeks we would like to support the family as they move into more permanent accommodation. General donations to support the family as well as details of furniture or white-good items would be greatly appreciated. If you have any large items you think the family may be able to use when they are settled please forward the details to the school so we can keep a register for when they move in.

We very much appreciate your generosity in this time of need.

Office Times
The front office is open from 8:45am each morning and closes at 3:45pm. Enquiries outside of these hours will go to message bank and messages will be checked each morning.

Meet the Teacher Night
On Tuesday the 26th February you will have the opportunity to meet the teacher of your child. Information regarding your child’s education will be given on the night and we encourage all parents who are able, to attend. More details will be in next weeks Messenger.

P&C Meeting
The first OVPS P&C meeting will be held on Wednesday 27th February at 6:30pm. All parents are invited to attend. The P&C is a great way to get involved in your child’s school and we encourage any parent interested to attend. All are welcome.
2013 School Leaders Inducted

Last Friday we held the first official assembly for 2013 where the new Student Representative Council members were inducted. Congratulations to our new leaders and we look forward to your leadership throughout the year.

Back - Broden Jobson-Grasnick, Lachlan Renton, Krystal Noble, Breanna Russell, Elsie Ellard, Lily Christian, Annika Sharples, Jasmine Webb,
Front - Lachlan Russell, Sophie Ison (Captain), Elijan Debenham (Captain), Tyler Morgan, Tymayne Gray.

Voluntary Contributions

Thank you so much to those families who have already paid their voluntary contributions to the school. As the name suggests the payment are voluntary but they are a valuable source of funding for the benefit of the students of our school. At $45 for one student or $90 per family this is great value for the standard of education provided at our school.

If you haven’t yet paid the fees you are able to do so at school by either eftpos or cash. We greatly appreciate all of the contributions made so far, thank you.

COMING EVENTS FOR TERM 1

FEBRUARY
Tuesday 12th  Playgroup Starts
Wednesday 27th  P&C Meeting

MARCH
Friday 22nd  Harmony Day Assembly
Wednesday 27th  P&C Meeting AGM
Thursday 28th  Easter Hat Parade
Friday 29th  Good Friday

APRIL
Friday 5th  Cross Country
Friday 12th  ANZAC Assembly

CROSS COUNTRY TRAINING - Primary

In preparation for our school cross country on Friday 5 April Primary students will be involved in training sessions. These sessions will be run during Friday sport and some PE sessions during the week. The children will be involved in running or walking the cross-country track which goes along the front of the school outside the school fence and down the gully alongside the school. The students will then enter the school grounds and complete the course.

Teachers will supervise the track during this time and all students will be expected to stay on the designated track. Students will be shown the track and the areas that they must stay within. The track will be checked and monitored for safety. We look forward to seeing some great running efforts in 2013.

Please send a note in to the classroom teacher if you DO NOT wish your child to leave the school grounds for training. Students that are unable to leave the school grounds will be involved in training on the back oval. Please inform classroom teachers of any allergies or conditions such as asthma that may be triggered by physical activity and ensure your child has any medication required.

Regards,
Grant Scarborough

BEFORE AND AFTER SCHOOL CARE AT OXLEY VALE PUBLIC SCHOOL

Do you want a Before and After School Care Service at Oxley Vale? If so please go to the website survey listed and fill out the information for Oxley Vale. If you know other families that may be interested please encourage them to complete the survey. If there is enough interest we can the move to finding an organisation to set up before and after school care at Oxley Vale Public.

https://www.research.net/s/oxleyvalebeforeaftercare

Copies of survey are available in the office if you do not have access to the website.

Please see Mr Scarborough if you need further information.
Canteen News
There have been a few changes to the menu so please come and see me for a new canteen menu. Unfortunately things do go up but we still try to make it very reasonable for the kids.

If you would like to help in the canteen this year please come and see me. It is a great way to meet new people and make some good friends.
The canteen is open Monday through to Friday and this also includes afternoon tea break, you can also order hot food in the mornings for your afternoon tea break if you like.

Please remember to put your name and class on your lunch bag as this makes it easier when packing lunch orders.

This week’s specials

Wednesday
Sausage Roll with a milk $3.50
Thursday
Make your own lunch box $5.00
Includes popper piece of fruit, chick lettuce mayo wrap and yoghurt.

Yogo ice sticks have been out of stock, so I am trying to find something similar that the kids will enjoy and that is canteen approved. All items that are sold in the canteen fall into the green and amber category which makes healthier eating choices for our kids.

Have a great week kids
Mandy Hardcastle Canteen Supervisor

Bedtimes

How much sleep do they really need?
Does it make a difference? Yes!

School holidays and long summer evenings are something that we all enjoy. For our children this often means later bed times. It is taking its toll. Over the past few weeks I have been in and out of our classrooms observing our students at work. It has been alarming to see how many over tired children we have. Yawning, heads on desks, poor concentration or hyperactivity to name a few, are common place across the school. The time your child goes to bed does make a difference to their mental and physical development. When we sleep the blood supply to our muscles increases. Energy is restored, tissue growth and repair occur and important hormones are released for growth and development.

Mood swings
Behaviour problems
Hyperactivity
Cognitive problems

These all hinder our children’s ability to learn. We all have a biological clock and our circadian rhythms can help us sleep if we honour them by going to bed at the right time.

Too late bedtimes leads to:

1. Difficulty getting to sleep. Once your child passes her natural “sleep window” their body will produce cortisol and even adrenaline (hormones that stimulate the body). Parents sometimes notice their child’s “second wind”.

2. Night waking. Often when children go to bed too late, their sleep will not be as sound as they often wake during the night. Cortisol causes poor sleep quality.

3. Early morning waking. It seems counter-intuitive, but often when kids are waking very early in the morning, a late bedtime is the culprit.

Age appropriate bedtimes:

<table>
<thead>
<tr>
<th>AGE</th>
<th>BEDTIME</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-6 Years</td>
<td>11-13 hours</td>
<td>Your child will likely drop the afternoon nap. Once your child is no longer napping, he will need an extra hour of sleep at night, so adjust bedtime accordingly.</td>
</tr>
<tr>
<td>7-12 Years</td>
<td>10-11</td>
<td>Children this age are experiencing enormous growth, are very active and require a lot of sleep. Adequate sleep helps with school performance, behaviour, attention, memory etc</td>
</tr>
</tbody>
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Easter Raffle

Our Easter raffle is just around the corner kids. If you would like to donate Easter eggs that would be much appreciated. All donations off eggs can be left at the canteen. The Easter Raffle tickets will go home shortly. Please take all sold tickets back to your teacher or you can leave them with Mrs Hardcastle at the canteen. The raffle will be drawn on the 28th of March. Welcome back to all our families and our new families. This is our first fundraiser for the year. Thankyou Fundraising Committee.
So you know your child is going to bed too late and not getting enough sleep. What do you do?

Tips:
Choose a good time to discuss ‘bedtimes’ with your children a few days prior to implementing the change (not just before bedtime). Use this newsletter article. Teachers will be supporting you in the classroom. 
Be prepared. Establish a bedtime routine and stick to it. Dinner, bath, clean teeth, story, bed. Most change is met with resistance and they will protest. Tears, tantrums, the classic lines we tried to use 20 years ago ‘You’re so unfair/ mean….. my best friend is allowed to stay up and watch that show / go to bed later’ etc. Their will power will astound you and some children will try to ‘push’ you to ‘give in ’ for several weeks. Be warned for the sore finger, thirsty, toilet and sore toe excuses. Yes, the world has changed but children are still using them!
Steadily decrease the bedtime by 20 minutes. If their bedtime is currently 9pm. Start with 8.40pm for a few nights before decreasing to 8.20pm and so on until you are at the appropriate bedtime. Make your child’s bedroom conducive to sleep; dark, quiet, cool. No computers, TV’s etc. No caffeine.
Changing routines is hard work but its worth it. Not just for your child’s mental and physical development, but your parenting experience. Over tired, over stimulated children can be behavioural challenges for all of us. Sleep is a simple remedy. 
Maggie Dent has a website you can download free tracks for children under 10 years called ‘Sleepytime’ that help children who have problems sleeping have signs of anxiety or are worryers.
Http://maggiedent.com/content/free-downloads

The OVPS Learning Support Team– Look out for our supportive tips in the Messenger!