A WORD FROM THE PRINCIPAL

This term has been a very busy one and it doesn't look like slowing down, either. There is wonderful learning happening in our classrooms and our playground is full of games, laughter and fun. The changes we have made are giving lots of benefits to our school community. I hope you are enjoying our new newsletter format which includes items from our classrooms and photos of our students enjoying their learning life.

Our class items at Assembly have been amazing and very popular with parents, teachers and students. The value of group performances can never be underestimated in increasing our students' self-esteem. There will be an exciting announcement at assembly on Wednesday that will further enhance this!

Volunteers in our School:

It is very important that we meet with all our volunteers to inform them of the new processes that need to be completed to meet requirements. A meeting on Monday was the beginning of this and we will be holding another time very soon for those people who couldn't make it. We love having our volunteers in our schools as they bring special learning and commitment to assist our students, whether it be in the classroom, the canteen, brekkie club or elsewhere. You are appreciated and highly valued by us all.

Regards
Cath Watt
NEWS FROM 1/2F
As we settle into week 7, 1/2F are well and truly into our routine. During literacy groups students have enjoyed practicing their skills of learning how to swap letters in words to make new words. We have learnt to write sentences using nouns, verbs and adjectives and can identify these in sentences. The students of 1/2F have enjoyed learning about one another and telling stories about themselves and their families. We have been practicing counting by 2s, 5s and 10s and ordering numbers to 30 or 50. Students in 1/2F have used tally marks to gather information and organised data into column and picture graphs.

Autumn has hit, which brings with it the windy weather, students made a paper kite in art. We discussed how kites are balanced and have a line of symmetry. We drizzled paint on one half of a piece of paper and folded the paper making a mirror image of paint on the other side. We then cut out a kite shape, added the string and bows. We enjoyed talking about safe places to fly a kite and the best weather conditions for kite flying. Our kites are on display in the front office this week.
### TERM 1 - WEEK by WEEK CALENDAR

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<tr>
<th>2014 Term 1</th>
<th>Monday</th>
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<tr>
<td>Week 7 Mar10-14</td>
<td>Debating at East Maitland</td>
<td>Yr 6 Gymnastics at MHS</td>
<td>P&amp;C AGM 6pm</td>
<td>PSSA Soccer Zone Trials</td>
<td>Tafe Computer course</td>
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<td>Week 8 Mar 17-21</td>
<td>Grandparents Day &amp; Coffee Shop</td>
<td>Harmony Day 11am</td>
<td>Book Fair</td>
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<td>Week 10 Mar 31-Apr 4</td>
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<td>Gabby Mead parent Workshop 9.15am in library</td>
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<td>Week 11 Apr 7-11</td>
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<td>P &amp; C 6pm</td>
<td>Gabby Mead Parent Workshop 9.15am in library</td>
<td>Tafe Computer course</td>
<td>Easter Hat Parade</td>
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<td>Icecream Spider Yr6 fundraiser</td>
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COMMUNITY LIAISON OFFICER’S NEWS
Hi Everyone. Thank you to all of the parents, grandparents and friends who attended Day 1 of the TAFE Outreach Course. Our teacher Donna is fantastic and I’m sure everyone will enjoy the learning experience. A reminder for those attending to please bring with them a USB drive, pen and highlighter for this Friday. There are a couple of spaces still available if you would like to attend. Please contact our office if you’re interested.

HARMONY DAY – Wednesday 19th March (Week 8). A fun filled day of celebrations is expected and invitations went home last Friday. If you haven’t received your orange note please call into the office and pick one up. Remember to put your order in at the canteen for a “Surprise Picnic Lunch”.

Enjoy your week. Katherine Barr.

THE KEY TO KIDS’ GOOD SLEEP HABITS Submitted by: MICHAEL GROSE 25 November

The results of a sleep study conducted in the UK has some fascinating insights. The study found that children with irregular bedtimes had lower scores in cognitive tests than kids who kept regular bedtimes.

Researchers studied 11,000 British children’s sleeping habits and cognitive development at age 3, 5 and 7 to see if there were connections between the two. Boys, in particular, with irregular bedtimes were more adversely affected than girls, particularly in the important areas of reading, writing and mathematics.

The negative impact of poor sleep habits in kids is not new. We’ve always known that sleep is good for kids’ growth and their health. Lack of sleep impacts on kids’ immune systems, making them more susceptible to colds and other bugs. Every teacher and parent knows that tired kids often get sick……not to mention irritable.

In the last twelve months I’ve seen significant studies attributing lack of sleep with poor behaviour; anxiety and depression particularly in teenagers; and now poor cognitive performance. Interestingly, the key sleep factor that helps kids perform better, coping with adversity and behaving better at school is REGULARITY of sleep habits rather than how long kids sleep.

Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends- tend to be adversely affected. Sober habits are important when it comes to sleep.

Kids are routine-junkies. They fight routines of all kinds, but they are actually good for them. Good routines of all kinds (meal-time, bath-time, homework time, bed-time, wake-up time) are essential to children’s healthy development.

Kids in chaotic homes use so much of their brain power just working out what comes next. The allostatic load on their brain is too much for many.

Routine and regularity is vital for sleep too. The sleep clock thrives on regularity. The sleep clock is re-adjusted on holidays and takes some time to get back to normal when kids return to school.

How much sleep do kids need?
Okay sleep varies from child to child but the University of South Australia Centre for Sleep Research recommends the following:

► 2-5 year olds: 11-12 hours per night
► 6-8 year olds: 9-11 hours per night
► 8-12 year olds: 8-10 hours per night

Here are five ideas to make sure your kids’ bed-time stays regular and routine-like:

1. Don’t let kids stay up more than an hour or two later than normal on weekends
2. Have a regular unwind time before the light goes out, and don’t let them fall asleep in front of the TV.
3. No exercise, big meals or hot baths directly before bedtime.
4. Establish rituals such as reading a book in bed that triggers the sleep habits.
5. Make their bedrooms cave-like. Melatonin, the chemical the brain releases to bring on sleepiness loves darkness, and hates lights of any kind.

Most parents know the importance of sleep, but now we need to appreciate how important structure, namely a routine, really is.
Metford Public School needs your help to assist with the running of the Cross Country on Friday 28th March 2014. The entire school will be participating in the event from 9:30am at Schanck Drive Oval. Students will wear their house colours, which is the sports uniform and they require appropriate footwear for running (no spikes). If you are able to assist on this day please leave your name at the front office, where there will be a book to enter your name. Thank you for your assistance. Sports Committee

METFORD MUNCHIES NEWSLETTER
Canteen Roster Term Week 6 & 7

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Vacation Care
Maitland Baptist Church Child Care Inc.
Ph 49391849  83 - 85 Webleys St  Rutherford 2320  Fax 4939 1849

14th April 2014 - 24th April 2014
Pupil Free Day: 28th April 2014 (Available at Ashtonfield, Rutherford & Thornton)
Open 6.30 a.m. - 6.00 p.m. Monday to Friday
ALL CENTRES CLOSED GOOD FRIDAY 18TH APRIL, MONDAY 21ST, APRIL AND FRIDAY 25TH APRIL—ANZAC DAY PUBLIC HOLIDAY

Quality care for Children 5-12 years, who attend infants or primary school. Organised activities such as Craft, Sports, Indoor & Outdoor Games, Movies and Excursions.

4 convenient locations - Rutherford, Thornton, Metford and Ashtonfield.

“Child Care Benefit(CCB)” and Child Care Rebate (CCR) is available pending eligibility
Full fees will apply until CCB and/or CCR is authorised by “Family Assistance Office” (adjustments will then be made)

Daily fees after CCB range from $5.50 (1 child with 100% CCB) to $44.50 per child
Plus excursion fee if applicable. Fees to be paid on first day of care each week.

Bookings can be made at our centres From Monday 17th March, 2014
Sorry no phone bookings

Please note: Bookings are essential and 5 FULL WORKING DAYS written notice
must be given to book out or else full fees will be charged.

Supported by Community Services, Department of Family and Community Services NSW
Maitland Baptist Church Child Care Inc. ~ "showing Jesus' love to the Community"