FROM THE PRINCIPAL
The first day back at school went well. All students were eager to learn!

Tomorrow, the Brisbane Broncos are visiting (2-3 team members). There is a note attached to the newsletter. Please read the release form carefully and sign and return.

Mrs Anderson is returning for 2 days per week this term (Music, GRG and Admin release) It will be great to get consistent music lessons each week.

We will be discussing Individual Improvement Plans tomorrow for Years 1 – 4, and these should be ready to be sent home on Friday.

Remember, this term is 9 weeks – 24 March is the last day of term.

Regards

Judy Angel

TENNIS
Tennis lessons are on Wednesdays. Parent contribution will remain at $7.00 per lesson, with the school paying the remainder. This term the total parent cost will be $56 per student.

HOMEWORK
Homework will commence next week.

SWIMMING
This term, swimming will be commencing in Week 3 (8 Feb) and running until the end of term. A swimming note is attached regarding this as well. Lessons will be on a Monday afternoon this term.

STUDENT OF THE WEEK
Student of the week will commence next week. There will not be a parade this Friday.

Make this year your child’s best ever at school
By Michael Grose

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are five ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day — and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Insist kids exercise. The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.