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Term 1 Week 06

Tuesday 3rd March 2020

| Term 1, 2020 | |
|--|---------------------------------|
| Week 06 → 2 nd March to 6 th March | |
| North Nowra Way – We care for our property | |
| Monday 2 nd | |
| Tuesday 3 rd | School Photo Day |
| Wednesday 4 th | |
| Thursday 5 th | |
| Friday 6 th | |
| Week 07 → 9 th March to 13 th March | |
| North Nowra Way – We use equipment correctly | |
| Monday 9 th | Whole School Assembly |
| Tuesday 10 th | Vision Screening - Kindergarten |
| Wednesday 11 th | Year 3 & 4 Auskick AFL Gala Day |
| Thursday 12 th | |
| Friday 13 th | |
| Week 08 → 16 th March to 20 th March | |
| North Nowra Way – We use appropriate volume | |
| Monday 16 th | P&C AGM – 6.30pm |
| Tuesday 17 th | |
| Wednesday 18 th | |
| Thursday 19 th | Harmony Day |
| Friday 20 th | Cross Country - Willandra |

This calendar is correct at time of printing. ClassDojo will have the most up to date event information

Sleep tips for children

Sleep is vital for children’s growth, learning and development. Having a good sleep every night makes your child happier, helps them to concentrate and remember things, and improves their behaviour.

How much sleep do children need?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amounts of sleep every night:

Ages 3 to 5: 10 to 13 hours

Ages 6 to 13: 9 to 11 hours

Ages 14 to 17: 8 to 10 hours

Getting enough sleep is vital for your child’s physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Not having enough sleep

or not sleeping well can affect how children learn and lead to mood swings and behavioural problems.

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.

Establish a sleep schedule: Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it - even at the weekend.

Establish a bedtime routine: Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.

Help your child wind down: Busy children need some time to relax. Consider playing soft music or reading to them.

Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.

Avoid stimulants: Make sure your child avoids tea, coffee, chocolate or sports drinks, especially in the afternoon.

Turn off technology: Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

Signs of sleep problems

If you establish good sleep habits and your child is still having trouble falling or staying asleep, they might have a sleep problem (<https://www.healthdirect.gov.au/sleep-disorders>).

You might notice behaviour problems, difficulty concentrating or they might seem tired during the day.

Signs of sleep problems include:

- sleepwalking
- wetting the bed
- night terrors

- teeth grinding
- snoring
- trouble breathing while asleep, or taking long pauses between breaths.

If you think your child may have a sleep problem, talk to your doctor.

How screen (Xbox, I pads, etc.) use affects sleep

Your child needs enough good-quality sleep so they can play, learn and concentrate during the day.

Using screens can affect how quickly your child falls asleep and how long they sleep. This happens for several reasons:

- Screen use in the hour before bed can stimulate your child.
- Blue light from televisions, computer screens, phones and tablets may suppress melatonin levels and delay sleepiness.
- Your child might be tempted to stay up late to chat to friends or play games, or he might be disturbed in the night by notifications, messages or calls.

Reducing the effects of screen time on sleep

Here are some ways you can reduce the negative effect of screen time on your child's sleep:

- Avoid screen use in the hour before bedtime. This includes mobile phones, tablets, computer screens and TV.
- Limit and monitor violent content at any time of day, because this can affect sleep regardless of the time and length of use.
- Encourage your child to connect with friends during the day rather than late in the evening.
- Have a family rule that mobile phones and other devices are left in a family room overnight.

Sleep Clock for children

If you are looking for a fun way to develop or bring this topic up with your children you might like to download and print the 'Sleep Clock' activity from the Sleep Help Foundation to help your children maintain a good night's sleep (<http://www.sleephealthfoundation.org.au/files/SleepClock-0913.pdf>).

If you need a copy please ask the school office and I am sure they will help with printing your family a copy.

The North Nowra Way Focus

Children are learning about the following school values for the next three weeks.

Week 6 – We care for our property



Week 7 – We use equipment correctly



Week 8 – We use appropriate volume



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