



GLADSTONE

PRIMARY SCHOOL & KINDERGARTEN

NEWSLETTER

Term 2, Week 6, 3 June 2020



8th June

- Public Holiday.

16th June

- Governing Council meeting.

17th June

- Student Free day.

Sleep, and particularly the impact of lack of sleep, is often a topic of discussion amongst the adults at school. We do see firsthand the impact it has on children's learning. Here are some tips to improve sleep for the whole family.

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. For older children, a quiet chat with you about the day then some time alone relaxing or reading a book before lights out.

2. Relax before bedtime

Encourage your child to relax before bedtime, without any screens.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern.

5. Make sure your child feels safe at night

A quiet, dimly lit space is important for good sleep. Blue light from televisions, computer screens, phones and tablets might suppress melatonin levels and delay sleepiness. It probably helps to turn these off at least one hour before bedtime and to keep screens out of your child's room at night.

7. Avoid the clock

If your child is checking the time often, encourage him to move his clock or watch to a spot where it can't be seen.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them to him at this time.

More info at <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>.

Thank you to the families who have been able to donate fruit. It is very much appreciated.



2021 Kindy Enrolment (Children turning 4 yrs between 1st May 2016 and 30th April 2017)

We are starting to enrol for 2021. All families intending to enrol their child in Kindy are asked to complete a 'Preschool Registration of Interest' form. This needs to be completed by the end of June. Children within the Catchment Area/Zone will be offered a space and given Enrolment forms in August. Children outside the Catchment Area/Zone will be offered a space and given Enrolment forms in September. The Gladstone Kindergarten Catchment Area/Zone includes children living in the communities of Gladstone, Georgetown, Gulnare and Yacka. Forms can be collected from the Front Office, the Kindergarten or printed from the website. <https://www.education.sa.gov.au/parenting-and-child-care/child-care/starting-preschool>



2 West Terrace Gladstone SA 5473

T 8662 2235 M 0407 411 587

E dl.0147_info@schools.sa.edu.au

W gladstoneps.sa.edu.au

Auslan

The younger students have been learning to sign animals. They have been playing animal memory, signing Old MacDonald had a farm and acting out animals. You can practice these signs with your children.



turtle



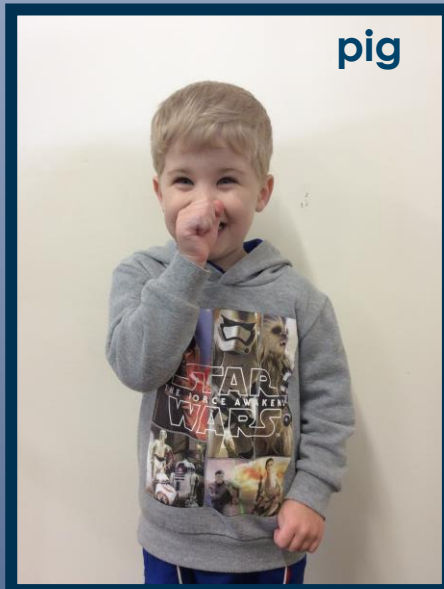
cow



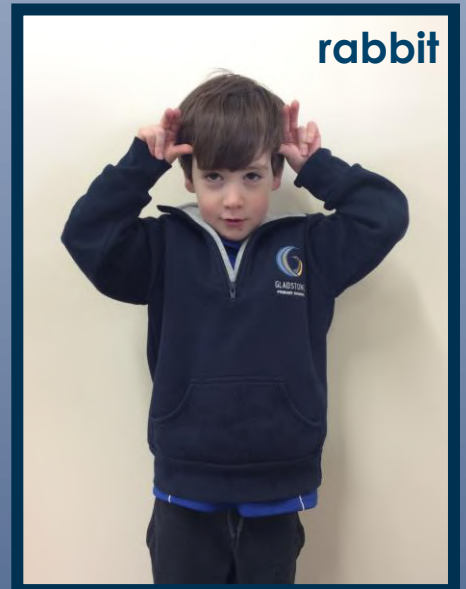
sheep



cat



pig



rabbit

The older students have been learning to sign the months of the year and their own birthdays. What month were you born?

