Reminders for this week

- Return family details update form
- Return Life Education permission
- Return tuckshop roster note
- Pay School Contribution—$25 per child
- Have a hat at school EVERY day

Diary Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 23/2</td>
<td>Life Education</td>
</tr>
<tr>
<td>Thurs 25/2</td>
<td>Zone Swimming in Lismore</td>
</tr>
<tr>
<td>Fri 18/3</td>
<td>Anti-Bullying Day</td>
</tr>
<tr>
<td>Wed 23/3</td>
<td>Easter Activity Day</td>
</tr>
<tr>
<td>Fri 25/3</td>
<td>Good Friday</td>
</tr>
<tr>
<td>Fri 8/4</td>
<td>Last day of Term 1</td>
</tr>
</tbody>
</table>

Awards

Awards and medals are presented at our assemblies on Fridays. Parents are welcome to attend.

Assemblies now start at 9.30am on Friday mornings.

2 – Kali – a Home Reading Award
2 – Ivy – for great expression in reading
4 – Lilly – for a big effort in Year 4
4 – Nat – for great class work
5 – Lydia – for outstanding effort in profiles
6 – Manu – for excellent work in mathematics
6 – Finley – for being a wonderful helper to all students and staff

Congratulations to all these students!

Good Deed Medals

Orlando received his gold medal. Well done!

School Captains

Congratulations to all the students who nominated for school captain and thank you for showing commitment to your school. The captains for this year are:

School Captains - Finley and Manu
Vice-Captains - Edie and Taimana

Family Details Update Form

Thank you to those families who have returned this form which was sent home with your bulletin in Week 2.

We need all families to return this form. It is not optional. In an emergency we need to have up-to-date contact details. We also need current Medicare information including expiry date. The information is also needed to prepare our flood and fire policy emergency contact data.

If you have misplaced your form you can download another form our school website at www.coffeecamp-p.schools.nsw.edu.au/ or contact the school to have another one sent home.

Tennis Lessons

We have applied for and received a Sporting Schools Grant which we are using to employ a tennis coach and to buy more tennis racquets.

All students will be having a 30 minute lesson on Wednesday each week during Term 1 and Term 2.

Please wear suitable tennis shoes on Wednesdays.

Scripture in Term 1

Rosie, Elizabeth and Karen send their apologies to all the Bahá’í students as they will not be able to come to school to run Bahá’í classes this term.

They will be visiting the school on Friday to say hello to the students and they hope to return to teaching classes next term.

Life Education Van Visit

Next Tuesday 16th February Healthy Harold will visit the School with the Life Education Van to present sessions on healthy lifestyle choices.

Please contact the school if you would like more information about the program.

Please return permission note plus $5 per child.

**K/1/2/3 News**

**New letters for kinder students:** Each week the kinders will learn a new letter.

In Term 1 they will learn Mm, Ss, Tt, Aa, Bb, Cc, Ff, Nn.

This week it is the letter ‘t’ and next week it will be the letter ‘a’.

You can help your children by writing the letter, practicing the sound it makes and talking about words which start with the letter.

**Parents & Citizens (P&C) Annual General Meeting**

The P&C will be holding their Annual General Meeting later this term on a date to be advised.

All positions will be declared vacant and a new committee elected. The current President and Treasurer both have children in Year 6 and will be stepping down from their roles and not seeking re-election for 2016. Andrew and Anne are very happy to talk with anyone who is interested to find out what these roles involve.

P&C meetings need a quorum (a minimum number of people) so there is also a need for new members who can help with decisions about managing tuckshop, fundraising events and making donations of money to school programs.

For more information phone Andrew on 6689 514.

**Tuckshop needs YOU!**

We are still in need of tuckshop helpers this term. Please look at the roster below and let Linda know which day you can help. We would like to have tuckshop up and running next Friday 26th February. Phone Linda on 0416 110 438.

<table>
<thead>
<tr>
<th>Date</th>
<th>Full day</th>
<th>Morning</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 Feb</td>
<td>Nerissa H</td>
<td>HELP!</td>
<td>Betty W</td>
</tr>
<tr>
<td></td>
<td>Chris O</td>
<td></td>
<td>Carlie A</td>
</tr>
<tr>
<td>4 March</td>
<td>Magali</td>
<td>HELP!</td>
<td>Editha M</td>
</tr>
<tr>
<td></td>
<td>HELP!</td>
<td></td>
<td>Linda De M</td>
</tr>
<tr>
<td>11 March</td>
<td>Tara H</td>
<td>HELP!</td>
<td>Betty W</td>
</tr>
<tr>
<td></td>
<td>HELP!</td>
<td></td>
<td>Kylie C</td>
</tr>
<tr>
<td>18 March</td>
<td>Betty W</td>
<td>HELP!</td>
<td>Magali</td>
</tr>
<tr>
<td></td>
<td>Magali A</td>
<td>HELP!</td>
<td>Carlie A</td>
</tr>
<tr>
<td>1 April</td>
<td>Magali</td>
<td>HELP!</td>
<td>Jen P</td>
</tr>
<tr>
<td></td>
<td>Chris O</td>
<td></td>
<td>Magali</td>
</tr>
<tr>
<td>8 April</td>
<td>HELP!</td>
<td></td>
<td>Editha M</td>
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<tr>
<td></td>
<td>HELP!</td>
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<td>Jen P</td>
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**Australian Centre for Education in Sleep™ - Helping young people be the best they can**

Sleep researchers believe there is no one magic number for 'sleep need' and there are a lot of individual differences in what children need to sleep to be at their best. The best evidence we have so far for Primary children is **10-12 hours per day**.

**WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP?**

Many things can be effected when we do not sleep enough such as:

- Behaviour - aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- Emotion - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- Planning - poorly organised, poor time managers, repeating grades, forgets lessons
- Concentration - inattentive, lack of concentration, falling behind in school
- Creativity - not working at full potential
- Problem solving - poor behaviour control and difficulty in social situations
- Complicated thinking - struggles with maths, sciences, languages, abstract concepts
- Motor coordination - less sporty, more accidents, clumsier
- Weight - being obese and overweight is more likely with less sleep
- Health - poorer immune system - sicker more often
- Learning - it is thought that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.

**GOOD SLEEP HYGIENE CAN HELP PROMOTE GOOD SLEEP**

"Sleep hygiene" - this can be defined as habits that can help us to sleep or stop us from sleeping. If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- No TV/computer games 1 hour before bed. No TV s in bedrooms
- Monitor mobile phone use in bed
- No coke/caffeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine - special time with children, relaxation techniques such as breathing
- No vigorous exercise 1 hour before bed - it raises the body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bedtimes and wake times - try and keep these regular
- Learn to relax - deal with worry and stress
- Use a sleep diary to check how many hours you are sleeping - Are you sleeping enough?
- Convince children that it is important to sleep well - Reward them for complying with bedtime rules