

ALTONA NORTH PRIMARY SCHOOL

Respect Excellence Acceptance Community Honesty



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Term 1 March

Friday 17th
R4 Inter School
Sports at ANPS
&
Harmony Day
&
**Jump Rope for
Heart**

Tuesday 21st
ANPS Choir
Performance at
Woolworths

Wednesday 22nd
MIRVAC
Community
Garden Day

Friday 24th
R5 Inter School
Sports

Monday 27th
Young Leaders
Day Conference
(Student Leaders)

Friday 31st
Murray 2 Moyne
Cycle Relay
begins

April

Monday 3rd
Murray 2 Moyne
Cycle Relay
finish

Wednesday 5th
Last day of
Term 1
(3:15pm finish)

Thursday 6th
Student Free Day

Friday 21st
Eid

REMINDER: Murray 2 Moyne Cycle Relay is coming up!

17/03/2023
No.07

Dear families,

Wow am I enjoying this nice weather we are having at the moment, enjoy it before the cold sets in. This week I have been attending the Box Lacrosse at Paisley Park and watching the Canadian Under 21 team take on our local Under 21 teams. There has been some great games, so if you are around on Saturday pop down to Paisley Park and have a look at the final.

We are noticing there are a number of students getting to school late and still sleepy, sometimes we need to readjust our sleeping habits to cope with our daily lives. Sleep Health have suggested the following information.

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- www.sleephealthfoundation.org.au/sleep-tips-for-children
- www.kidshelpline.com.au/teens/issues/why-sleep-so-important
- www.betterhealth.vic.gov.au/health/conditions-and-treatments/sleep

Harmony Day & Jump Rope for Heart: What a beautiful day it has been at ANPS! We started with Interschool Sports for the 5 /6 Unit, Harmony Day activities in the classrooms, Jump Rope for Heart after recess and then welcomed families for a whole school picnic. Thankyou to all the students who wore a splash of orange and donated a gold coin to the Heart Foundation. Well done to our teachers for keeping up with all the students !!!!!!! Thank you to all the families that came along to our picnic, it's always a treat to

Monday 24th Term 2 begins Tuesday 25th ANZAC Day Public Holiday (No School)
May
Thursday 11th Mother's Day Stall Sunday 14th Mother's Day Wednesday 24th Teeth On Wheels Thursday 25th Teeth On Wheels Friday 26th Teeth On Wheels
June
Friday 23rd Last day of Term 2
July
Monday 10th Term 3 begins

have our families involved. What a way to end the week!

School Photos: On Wednesday we had our school photos, all our ANPS students were looking very sharp. There is still time to order school photos if you haven't already done so, please follow the details below.

Website: www.theschoolphotographer.com.au

Code: X3056PER52A

NAPLAN: Our Grade 3 and 5 students have been involved in there NAPLAN testing over the past two days with only one day to go, which will be on Monday. Our students have been doing very well considering the testing is now computer based. Our STEAM Specialist, Mr Godfrey, has been working with our students on their computer skills, this has made our students far more confident whilst doing the test. Well done everyone!

Morning Greetings: Our School Leaders will be greeting children and families at our front gate in the mornings before school, be sure to give our leaders a big "GOOD MORNING". We are encouraging our leaders to build stronger connections with the younger students and to be good role models in the school community. Please note, staff will still be on yard duty.

Parking: There is to be NO parking in the Staff Carpark, please park in the street. We need to keep your children safe. We are finding parents and carers parking in the carpark throughout the day even when the street is empty, there is no need for this to occur. When picking students up after school, please do not park on the nature strips or corners of streets. We have young children trying to cross the road and are unable to see what's coming along the road. This is a recipe for disaster. Please listen to our crossing people, as it is their job to assist our children to and from school safely.

Teeth On Wheels: We are looking forward to having Teeth On Wheels back at ANPS for dental visits starting Wednesday 24th May. Teeth On Wheels are focused on providing a positive dental experience for children. Forms went home with children today, these are due back Friday 31st March if you would like your child to participate. More information regarding Teeth On Wheels is also available on their website (www.teethonwheels.com.au).

Last Day of Term 1: Last day of Term 1 will be Wednesday 5th April due to the Thursday being a Student Free Day. Staff will be participating in a Professional Practice Day where teachers are given a day to further their practice and capabilities. Students will finish at 3:15pm on Wednesday 5th April.

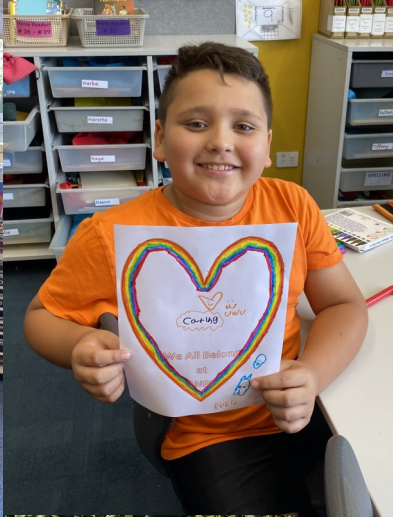
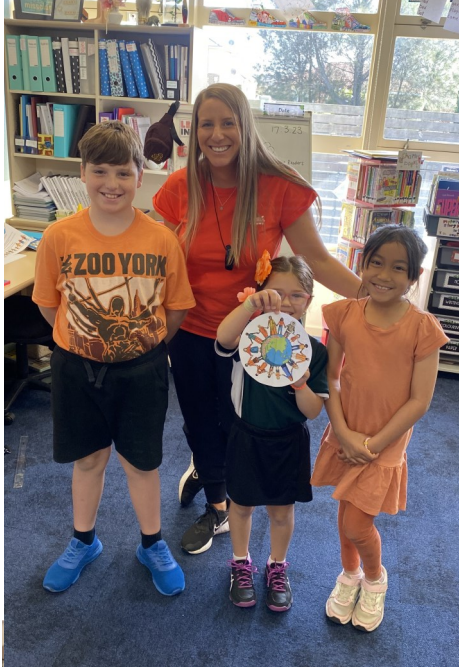


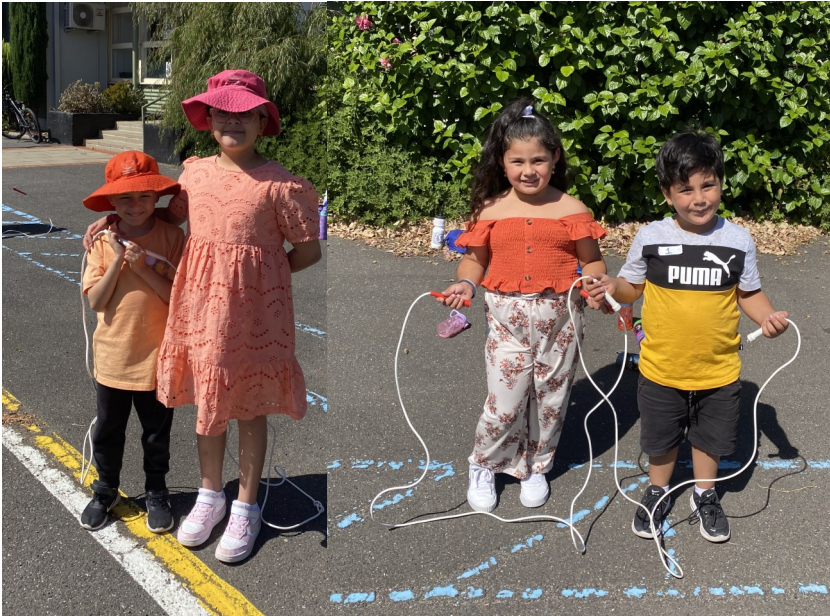
Have a wonderful weekend and enjoy the sunshine.

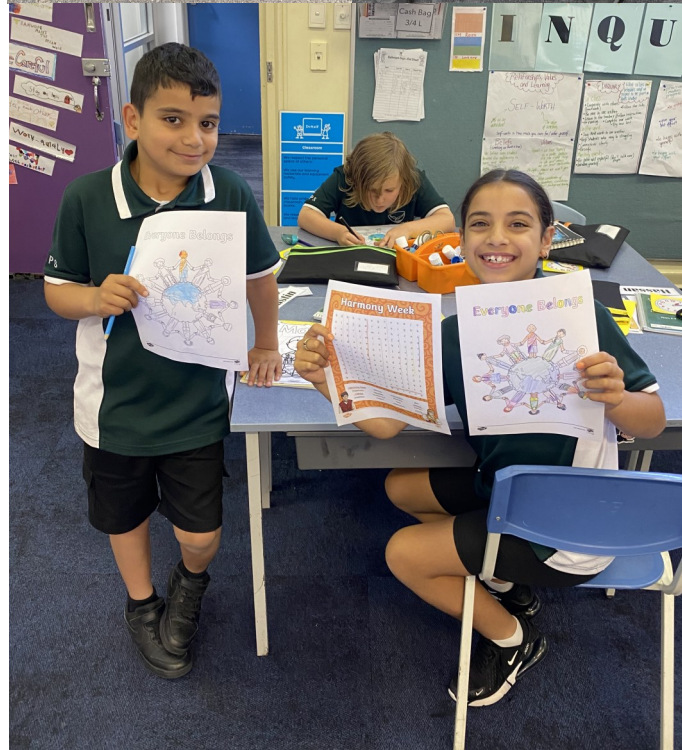
Robyn Gregson

Principal









MURRAY TO MOYNE CYCLE RELAY

ANPS ANNUAL FUNDRAISER

HELP KEEP OUR RIDERS HEALTHY
WE ARE SEEKING DONATIONS OF THE
FOLLOWING:

Prima drink boxes

Big M Prima boxes

Lollies

Nuts

Dried Fruit

Chips / biscuits

Chololate bars

Bottled water

Sports drinks

