To the right we have Craig Lowndes signing autographs and our lucky draw cap winners Ryan & Sophie whose names were drawn out from the students who had not had a RTR all year so far to win a cap signed by both Craig Lowndes and Jamie Whincup. WOW!

Newsletter Number 25—15th August 2012

FROM THE PRINCIPAL’S DESK

Dear Students, Parents and Community,

Over the next few weeks I would like to include some information on sleep. Sleep plays a crucial role in preparing children for school. The time around puberty is when there are a lot of changes in sleeping behaviour, a time when some weird things to do with sleep or dreams either stop or start. A time when people change the way they fall asleep (or don’t fall asleep) or change the things that happen during sleep. If we look across the lifespan from birth to old age we find that there are two age periods of high sleep disturbance. The first is in teenagers and the second is in elderly people.

The following information has been adapted from Dorothy Bruck and E-published by the Wellness Promotion Unit, Victoria University, Melbourne, Australia.

Some Strange Sleep Facts

- 80% of teenagers report having unusual behaviours during sleep
- Hyperactivity in some young people may be due to a sleep problem
- Scary monsters in nightmares can be controlled
- Identical twins can have the same dreams
- Most sleep problems occur in teenagers and the elderly
- Sleep walkers have not been acquitted of murder
- Ten percent of teenagers have clinically significant anxiety causing sleep problems
- Over a third of primary school-aged children experience problematic night fears
- Lack of sleep can cause hallucinations
- Sleepiness affects driving ability very much like alcohol
- Collapsing with laughter may actually indicate a sleep problem
- Snoring can affect school work
- Nine out of ten people who play a skiing computer game, dream of skiing that night

Sleep need is a very individual thing and some people seem to need more sleep at all stages of their life than their friends of a similar age. Patterns of sleep may change a lot at puberty but the overall amount of sleep needed does not decrease at this time, in fact it increases. Research has looked at how much sleep children and teenagers need to maintain the best level of alertness during the day and found that nine and ten year olds need one to two hours of sleep less per night than young adolescents. At the time of puberty teenagers typically need nine to ten hours of sleep per night, yet many teenagers sleep considerably less than this every night and their daytime alertness is thus reduced.

From the Principal’s Desk

Dave Bosworth
Students of the Week
Congratulations to the following students for the great job they have done at school this past week. Bravo!

Pre—Year 3 Group:
Lilly, Hayley, Mitchell, Carol, Tyler, Courtney, Lachlan.

Year 4—Year 7 Group:
Kiara, Taywana, Ryan, David, Tyson, Joshua, Hayley, Stacey, Alice, Jamie

Student Word List
Certificates awarded to
Blue Words: Jorja
Yellow Words: Shakira Jayce
Red Words: Brock, Shuneka
Green Words: Isabella, Kohwan

INSTRUMENTAL MUSIC PROGRAM
Student at this school have the opportunity to learn a musical instrument at a minimal cost to parents. Invoices were sent home and payment was due by the 3rd August, unfortunately there are still quite a number of outstanding invoices. Prompt payment is appreciated. The fee charged for the participation of the program is to cover the repair and maintenance of equipment.

Oakley Tennis Club
Kent Street Oakley is holding a sign on day for interested tennis players for Thursday Night Fixtures on Saturday 1st September at 1pm till 5pm. Fixtures to commence Thursday, 6th September. All interested players welcome. More Info, ring Bev. 46911145.

TOOWOOMBA REGIONAL COUNCIL FREE BBQ
Residents are invited to meet Toowoomba Regional Councillors to discuss issues over a free BBQ from 4:30 pm to 6:30 pm on Thursday, 16 August at the Oakley Service Centre. This informal get together with residents will conclude a day of Councillors’ visits to council facilities in Oakley as part of the Councillors’ Regional Inspection Program. Council is particularly interested in how individual communities wish to continue to communicate with Council.

TUCKSHOP NEWS
RELIABLE VOLUNTEERS URGENTLY REQUIRED. Tuckshop is still looking for volunteers to assist on Wednesday, Thursday or Friday. If you are available to help, please phone Jo - 0435 837 661.
If you are rostered on and are unable to make it please advise Jo ASAP, so that other arrangements can be made to make sure the Tuckshop runs smoothly.

TUCKSHOP LUNCH ORDERS
Students are required to have their lunch orders into the school tuckshop before the 1st bell. Late orders will not be accepted.

HATS NOT CAPS!
Over the past weeks we have found that students have been wearing caps to school and not broad brimmed hat which is part of the uniform. Students wearing a cap will be subjected to the no hat no play rule.

School Arrival and Departure
In the interest of supervision and safety, children are not to arrive at school before 8:30 am and should be collected/ have left the school grounds no later than 3:15pm each day. No supervision of students is offered before or after school. Our staff is extremely busy in the mornings and afternoons with curriculum preparation, meetings and administration tasks, and therefore are not available to supervise early arrivals or late departures. Thank-you for your support and understanding; it is greatly appreciated.

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 15 Aug</td>
<td>Girls ‘Come &amp; Try’ Rugby League</td>
</tr>
<tr>
<td>Wed 22 Aug</td>
<td>Year 2 Amaroo Excursion Prep Health checks</td>
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<tr>
<td>Thurs 23 Aug</td>
<td>Year 3 &amp; T2 Amaroo Excursion Prep Health checks</td>
</tr>
<tr>
<td>Mon 27 Aug</td>
<td>Year 1 &amp; T1 Amaroo Excursion Prep Health checks</td>
</tr>
<tr>
<td>Fri 31 Aug</td>
<td>Amaroo Excursion</td>
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Sickness is spreading
At the moment there have been quite a few cases of illness and flu at the school. It is advised that if your child is showing symptoms it is best to keep them home to avoid spreading the virus. If you are keeping your child/ren at home due to illness or for any other reason, please let the school know.

The best remedy for recovery from illness is plenty of rest and fluids (water). Good hygiene like washing hands regularly and using clean tissues also helps prevent further spreading of bugs.