A Message from the Principal

Dear Parents and Carers,

Last week we welcomed another new family to our school community. Anna-Lee is in Year 1 in F/1G and we welcome her with her mum Dallas, step dad Joel and little sister Eva to Portland South!

We are very happy to take additional enrolments for students for Foundation 2015. If you know of families who have a child in kindergarten this year and who have not yet enrolled him/her for school next year, please talk to them about PSPS.

Also we are encouraging families who currently drive past our school to a school further away to transfer their children to us so that they can have the benefit of money saved (less fuel required), improved health and fitness (because they will be able to walk or ride to school with their children instead of driving the car) and a healthier environment to live in (with less car fumes entering the atmosphere).

Enrolment forms and school information books are available from the office any time!

Many thanks to all helpers on Saturday and before the day to get the vegetable garden tidied up and planted out. Check it out......it looks great! Ms Hayden’s class will plant some seeds during the week to complete our planting.

Many thanks to the Portland Community Garden and Landcare Group Inc. who donated tomato seedlings and lots of radish, beetroot and sunflower seeds for our garden.

Also thank you to Ross and Coreen of Pot-A-Round Nursery in Heywood who continue to support our school by donating vegetable seedlings at no cost.

Thank you, thank you, thank you!!!!!!

Above: morning tea for the hard workers!

Left: Rod Place made digging easy using the rotary hoe belonging to his parents!

Right: Some of our happy students enjoying their playtime together last week........

Have a great week!
Marg Millard—Principal

IMPORTANT DATES

Please see our website for the full list of important dates for Term 4.

This week:

Thursday 23rd October

Resilience Workshop for students in years 3 to 6 at PPS—this will be a further opportunity to learn the skills of this Foundation!

Permission notes are being sent home today—note and $30 due before departure on Thursday!

School Council meeting

Friday 24th October

World Teachers Day - do something nice for your teacher today!

5/6H presenting some work at Friday Assembly

YOU CAN DO IT!!

Our focus moves to ORGANISATION……being ready with everything to be able to get on with the school day!

This week’s Star Student focus is

“being ready to start class”
Congratulations to all those who received an award at our last assembly. We love to celebrate success at Portland South and love that there are many opportunities to do so.

**HAPPY GRAMS**

Anna-Lee Crick, Bailey Place, Rachael Perry, Dallas Little
Kaitlyn Malseed, Lachie Warburton, Leanne Paterson

**READING AWARDS**

125 Nights
Kaitlyn Malseed

150 Nights
AAron Paterson

175 Nights
Phoenix Stewart, Dallas Little, Chloe Govers,

200 Nights
Erin McPhee

250 Nights
Aaliyah McGeary

**GETTING ALONG STARS**

Benjamin Lewis, Tanisha Zehetner

**CONFIDENCE STARS**

Avril Knight, Ben Whitehead, Cohen Cooke, Dallas Little, Dylan Ward, Emma Govers, Joey Kilpatrick, Kira-Lee Goodes, Lauren Place, Layla Sprague, Natalie Smith, Rachael Perry, Shinae Briggs, Sikowa Goodes, Janaya Pretlove-Grace.

**ORGANISATION**


**PERSISTENCE STARS**

Ben Whitehead, Dallas Little, Emma Govers, Lauren Place, Layla Sprague, Natalie Smith, Rachael Perry, Shinae Briggs, Sikowa Goodes, Janaya Pretlove-Grace.

**STAR STUDENTS**

Dallas Little & Anikah Ward
for
“being organised and using class time wisely”
ICE CREAM SALES

Ice creams will be sold Friday lunch times for term 4, commencing this week:

- **DRUMSTICKS** .......... $2.00
- **PADDLE POPS** .......... $1.50
- **CYCLONES** .......... $1.50
- **TUBES** .......... 50 cents

A big "thank you" to Jackie Oliver & Leanne Paterson for organising the ice cream sales this term.

BOOK CLUB

Orders will CLOSE TOMORROW - Tuesday, 21st October.

There are some great Christmas bargains to be had.

Just let us know and we will keep your order at the office for collection if necessary.

THREE FOR ME

HELPING HAND /JOB LIST:

*Please help if you can.....*

Talk to your child’s teacher to see if there are any jobs that she would like help with.

We always welcome parents to hear the children read in the mornings between 8.50 and 9am.

There is always sweeping to be done so just ask and we’ll provide a broom!

Mrs Ryan has been cleaning the Art Room storeroom and would love some help to finish the job.....this can be done anytime that suits you! Talk to Mrs Ryan to find out what she is up to with that job!

3 BAYS MARATHON

SUNDAY 2nd NOVEMBER 2014

The 3-Bays marathon is an awesome community event that will be ‘run’ on 2nd November. Primary schools can enter either a team of eight that runs 5km each or a team of eight+ that runs from 1km up.

For this event to run, we need parental support and at least 8 runners.

Please return the reply slip below if your child is interested and you can help on the day.

Emma Rudge
PE Teacher

EXPRESSION OF INTEREST—3-BAYS MARATHON

Name of Child: ___________________________________________________________________

As a Parent/Guardian of the above student, I give my consent for him/her to participate in the 3-Bays Marathon.

I am available to help on the day ..... YES / NO (Please circle).

Signed: _________________________________________________________________________  Dated: ___________________
Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort (1), and the rates are higher in early childhood. It makes sense that sleep and a child’s mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioral, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and researcher with the Centre for Community Child Health at The Royal Children’s Hospital Melbourne, says that behavioral sleep problems make up the bulk of issues seen in kids. Chances are you’ve already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques (‘just five more minutes’, wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (eg lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so wide-spread. “There’s most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals,” she says. “There’s definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain’s production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritized.”

It’s really important to put a good night’s sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole family will be at their very best, mentally and physically.