

Dear Parents, Staff, Students and the Quairading Community,

Term four is well underway with students and teachers involved in learning and teaching activities across the school.

Staff met for a **planning day** on Thursday which was a valuable and very successful day. Representing School Council, we welcomed Mrs Sarah Hadlow for the afternoon session during which we presented and reviewed our literacy and numeracy plans for 2010. Our school has been nominated as a National Partnership School for 2010 and beyond. This means we will receive a little extra support to improve the standards of literacy and numeracy across our school. As our plans further develop, this may mean some distinct modifications to the way the school site runs. This newsletter will be your information source for further developments.

We welcome Mr Torbyn Bendsten from FESA into our school this month, speaking to students about **fire safety** as the summer months approach and fire risks are increased.

Constable Care will also be visiting the school next week with a presentation based around the theme of bullying.

Parking near the tennis courts to collect students from the junior primary has become more popular in recent years. This is an area with particular dangers – children moving through the area to the buses, vehicle entry and exit point through bus parks and vehicular traffic moving east and west along Hegarty St. Parents must use extreme caution when parking to collect children from this area. In 2010 when construction begins on our new classroom, this area will not be available for parking.

Term four is traditionally a busy term, this being no exception with **In term swimming lessons** in a fortnight, and several excursions and school visits planned.

As summer sports begin and the days lengthen, sleep routines can be disrupted and children may begin to display effects of lack of sleep. It is easy to recognise the signs of overtiredness or lack of sleep in others; irritability, short-temper, emotional, limited concentration, frequent blinking and yawning, general lack of energy and a tendency to rub the eyes.

Just like adults, children and teenagers may need more or less sleep than their friends. As a general rule, children aged six to nine years need about ten to twelve hours of sleep a night; once they reach the age of ten to twelve years, they will need about nine to eleven hours sleep and as an adolescent they will need between eight and ten hours of sleep. Of course, there will be times in their lives when they need much more than this: recovering from an illness, a day in the sun, a party, a late night or a term particularly full with educational and social activities. Sleep deprivation can add up over time; an hour less each night can equal a whole night by the end of a fortnight.

Children who lack sleep may have trouble with their schoolwork and behaviour, are less alert during their hours at school and may have difficulty learning new skills or retaining information. They will struggle to complete the simplest of tasks. They will 'tune out' when instructions are given and spend a great deal of time 'day dreaming' instead of doing their work. This can cause them to fall behind in their work and sometimes be asked to complete it in their own time.

There are some things that parents and carers can do to help their children get a good night's sleep:

- Have a regular and routine bedtime and wake time. This shouldn't be more than an hour later on weekends and during holidays.
- Remove TVs and computers from children's bedrooms.
- Avoid caffeine-based drinks like coffee and cola.
- Children's rooms should be quiet, dark and not too hot or cold. Use a nightlight if necessary.

- Have a good bedtime routine. Read to younger children or let older children read quietly or listen to relaxing music.
- Avoid spicy or salty foods in the evening such as pizza or potato chips.
- Avoid scary movies, computer games and rough play before bed.
- Ensure their beds are clean, warm and comfortable.
- A warm bath before bed encourages children to relax.

Thankyou to parents and students involved in the morning tea for **World Teachers Day** earlier in the term. Staff were treated to a range of delicious treats made by students and parents to thank and acknowledge the commitment and effort our teachers and education assistants make for our students. Staff at our school are continue to strive for the best educational outcomes for your children and it gratifying for staff to be acknowledged.

Pauline Wray, Principal

PREMIER'S SUMMER READING CHALLENGE 2009-10

It is with great pleasure that I welcome you and your child to the Premier's Summer Reading Challenge 2009-10. The challenge is open to children from Kindergarten to Year 7, including home-schooled children. Reading for fun is an essential part of improving literacy - for your children and you. Reading can transport your child into new and exciting worlds and is great for active and inquisitive minds. Evidence shows that children who develop a love of reading at home are more likely to succeed at school. Reading opens a world of possibilities for their future. It's never too late for you as a parent to start exploring the world of reading. I encourage you to set an example for your children by showing them you are a reader. The challenge for students in Kindergarten to Year 3 is to read for 10 hours during the summer holiday - which is less than 10 minutes every day. Children from Year 4 to Year 7 are challenged to read for 15 hours - less than just 15 minutes a day. Parents are also challenged to read for 15 hours. Children should read anything they enjoy including books, magazines, comics, newspapers or listen to audio books - whatever makes them want to read more. I welcome you and your child's participation in this year's Challenge!

Hon Colin Barnett MLA

Premier of Western Australia.

(Entry forms are enclosed with this newsletter)

SUPA SLICE FUNDRAISER

Please support the Year 7 camp fundraising by placing your supa slice order into the office **no later than tomorrow Wednesday 18th November.**

We still have **boxes of chocolates** if you would like to take another box to sell. Call into the front office to collect.

TOY CATALOGUES

Are you missing a small xylophone from your order? It is available for collection from the Pre-Primary.

DATES TO REMEMBER

Term 4

Friday 20th November

Assembly - Student Council

Monday 30th Nov - 11th Dec

Interm Swimming

Tuesday 15th December

Graduation and Awards Day

Thursday 17th December

Students last day



CONGRATULATIONS

Corey Walsh - on receiving 3 awards at Clontarf.

- Board Achievement Award
- Most Improved Award
- Fairest and Best for the Clontarf Football Academy

Roy Slater on receiving the "Long Tan" Achievers Award.

You both are a credit to your families and are excellent role models for the Quairading Noongar Community. Excellent news guys 'baalayi' (look out) AFL!

Auntv Edna Winmar

STUDENT COUNCIL REPORT

Hello everyone, as you should already know we are having a Social in week 7.

As it is getting hotter and hotter you should start wearing sunscreen to school and don't forget your broad-brimmed hats. You may have your water bottles in the classroom, but check with your teacher first.

Listen to your teachers and keep up the good behaviour. Thank you.

Student Councillors

P & C COMMITTEES, ROSTERS AND NEWS

The next P & C GENERAL meeting will be held on Thursday 26th November, 2009 at 4.00pm in the School Library. All Agenda items/Apologies to Leeanne on 96 451 444 or marnham@westnet.com.au

Agenda Items:
1. Dictionaries

KINDY AND PRE-PRIMARY UNIFORMS

I am now taking orders for 2010.
T-shirts and wind cheaters with Kindy/Pre-primary print are available.
For order forms or more information contact Rosie Duncan on 96457090. All orders to be in by 27/11/09.

P&C UNIFORM EXCHANGE: will be open this Friday for the **last time this year** as there are no more assemblies. Please take this opportunity to purchase or order your uniform requirements for 2010. If we run out of stock it can take 6-8 weeks to receive new stocks.

P & C CANTEEN ROSTER 2009

Could all Supervisors please remember to phone their helpers prior to the day? If you require assistance to contact your helper please contact the school. If your helper does not turn-up it is the Supervisors responsibility.

DAY	DATE	SUPERVISOR	
Thursday	19 th November	Tanya Adams	Michelle Ninnette
Monday	23 rd November	Anthea Cousins	Shondelle Stone
Thursday	26 th November	Tanya Van Elden	Vanessa Stone
Monday	30 th November	Jeanette Wells	Natahna Stone
Thursday	3 rd December	Ann Stone	Pauline Wray
Monday	7 th December	Barbara Amiss	Laurel Maynard
Thursday	10 th December	Jill Dawson	Mary Jane Rogers
Monday	14 th December	Jill Dawson	Rochelle Osborne and Cheryl White
Thursday	17 th December	NO CANTEEN	

APOLOGIES TO STUDENTS, STAFF AND PARENTS/HELPERS FOR HAVING NO FLAVOURED MILK DRINKS FOR THE LAST FEW CANTEEN DAYS. IT IS BEYOND OUR CONTROL.

P & C ROTARY CATERING ROSTER 2009

DAY	DATE	SUPERVISOR	HELPER
Monday	23 rd November	Danielle Moloney	Kristy Daniell and Estelle Gom
Monday	30 th November	Lee McLellan	Tanya Adams and Lynette Winmar
Monday	7 th December	Year 3	
Monday	14 th December	Xmas Party - Year 8	

COMMUNITY NOTICES

SWIMMING CLUB -

- **Bring a friend day** - on Monday 23rd November. We will be having our normal time trials as well as some fun games. At the end of the day we will be giving every body a free ice cream. **We are also now having a sausage sizzle on the day for members and parents but unfortunately we will have to charge for the sausage sizzle.** Any inquiries contact Russell Stacey, Sarah Hadlow or Natahna Stone **Can the following people please help with Bring a friend Day sausage sizzle:**
SUPPLY 2KG PRE COOKED SLICED ONION - Mary Stacey, Terryle Bartlett, Claire Gelmi, Leanne Marnham, and Barbara Barr.
SERVE AND SELL HOT DOGS APPROX. AT 5PM - Michelle Bestwick, Tayla Bestwick, Tanya Adams, Jo Van Elden.
COOK SAUSAGES FROM 4.30PM - Patrick Butterworth, Andrew Woods.
- **Shell Swim Meet** - Any members who did not give me their entry form for the Shell Meet in Narrogin, please either fax it directly to me on 96450298, or phone me ASAP, 96451471. If you have already faxed the form directly to the Narrogin swimming club, please let me or Natahna know so we have an idea of how many kids are attending the day. Thanks, Sarah.
- **LAST CHANCE** - Anyone wishing to order swimming club bathers, our final order for the season will be placed TOMORROW. Please contact Leeanne on 96 451 444 if you have not already placed your order.

FOR SALE - 2 x Dark Green Sofas, excellent condition. \$150 each. Phone 0429416055.

LOST - Please check your child's jumpers. Whitney is missing 3 x size 6 jumpers. All are named Whitney and Shaylee Mills. Thank you.

COMMUNITY CHRISTMAS CHOR - The Quairading Community is encouraged to join in and SING!!! Each year we form a Community Christmas Choir. There are 4 practises, Tuesdays at 7:30pm, Nov. 17 & 24, Dec. 1 & 8; 10 McLennan St. (Creative Arts Society). The choir will sing at the Community Christmas Carol Service, Sunday Dec. 13, 7:30pm Town Hall. Contacts: Mary Stacey & Beryl Stacey Everyone Welcome!

CHILDREN'S CHRISTMAS CHOIR - All interested students please meet at the YEAR ONE CLASSROOM immediately after lunch, on the following **Tuesdays 24th November, 1st & 8th December**. All enquires to Alison Caporn 96455221.

CREATIVE ARTS MUSIC PUPILS CONCERT - will be held on Thursday 10th December. More information to follow.

GUITAR AND DRUM LESSONS FOR 2010 - are fully booked. I am now taking bookings for 2011. Kylie Squiers 9645 0024.

QUAIRADING JUNIOR TENNIS TOURNAMENT - Once again numbers are fantastic for our tournament, so this means 'all hands on deck!' If you have a child participating in the tournament, could you please supply a plate of afternoon tea. An email will be going out in the next couple of days to inform you of other duties that we will need assistance with on the day. ie. Roll making duties, morning tea duties, time keeping etc... If you are not going to be here on Saturday, could you please let me know. Thanks. Kelli. **Up coming Junior Tennis Tournaments** - Merredin Singles and Doubles Tournament - Saturday 5th December, Dowerin Junior Singles - Sunday 6th December, Cunderdin Junior Doubles - Saturday 12th December. If anyone is interested in going to any of these days, please see me for entry forms. Kelli.



Telephone: 9288 4188
PO Box 295
MOUNT HAWTHORN WA 6915

AUSTSWIM, the Australian Council for the Teaching of Swimming and Water Safety will be conducting a *Teacher of Swimming and Water Safety* course in your locality soon. Please note the following details:

Venue: Northam Olympic Pool
Dates: 12 to 13 December 2009
Times: Saturday 8.30am to 5.00pm
Sunday 8.30am to 5.15pm
Theory Exam - Wednesday -
16 December 2009 @ 6-8pm

Application forms and further information is available by contacting AUSTSWIM WA www.austswim.com.au



PCYC

Street Stall

Saturday 21st November 2009

Out the front of the Co-op,
9am onwards.

Help us raise funds to get the kids new polo shirts for the upcoming summer season of PCYC.

Come and grab some morning tea or a yummy dessert.

