

Newsletter

News from Reservoir Primary School

Reservoir
Primary School



No: 05
5th March, 2013

PRINCIPAL'S NOTES

Our new Class

On our official Census Day last week, our enrolments were 245. This is the most we have had for some years. Consequently, as a result of the added students, we are in a position of employing another full-time teacher. Previously we had thought a "three day-a-week" teacher would be all we could afford.

Happily, Group 12 began today as a new class after spending some time together yesterday. All twenty-two children appear to have settled in well already, it may just take a little time for some to adjust (but an observer in the room today wouldn't know that this was their first full day together).

Our new teacher is Ms Stefanie Nicosia; I know you will welcome her to our school.

We all Need Sleep

Judging by the children who are getting to school late, there may be an issue with their sleeping routines: I thought you might find this interesting reading.

Whoever coined the term 'sleeping like a baby' had obviously never lived with one. Infants' sleep patterns are notoriously erratic, and as they grow up, the story remains much the same. Pre-schoolers make a fuss about having a nap during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia's Centre for Sleep Research.

Kids are going to bed later because it's now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital

media such as mobile phones, laptops, ipads and ipods.

"With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin," says Dr Kurt Lushington, head of the University of South Australia's Centre for Sleep Research. "You can go without food for a week or so but you cannot go without sleep."

As Dr Lushington says, sleep is important for memory, "so if you want to remember things and to forget things (which is equally important) you have to sleep".

"We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain," he says. "In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don't get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system."

Most parents realise the importance of sleep, Dr Lushington says. However, "what many don't appreciate is how important structure, namely a routine, really is".

"Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it's not so much how long they sleep – what's important is a regular schedule," he says.

"Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important."

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won't get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast

rules, particularly for teenagers, about digital media in the bedroom.

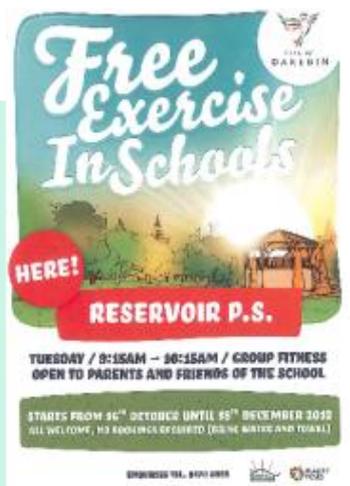
We often remind you that it is so important for all children to be at school by 9.00. For the vast majority who do, congratulations; your children are the ones reaping the rewards.

For the few who still have trouble getting here, please make a huge effort to have the kids in bed early so they can wake in the morning refreshed and ready for a day of learning.

Helen Miller

Exercise Classes

Fitness classes have started once again!!
Classes are free so come along and join in for a great fun fitness program next time:
12th March
9.15 – 10.15
Multi-Purpose Room



DIARY DATES

7 th March	Year 5 Students visiting Reservoir High
11 th March	Public Holiday
12 th March	Swimming for Groups 6/8/9/10/11
15 th March	Scholastic Book Club Orders Due
18 th March	School Council
19 th March	Swimming for Groups 6/8/9/10/11
22 nd March	Athletics Carnival
26 th March	Swimming for Groups 6/8/9/10/11
28 th March	End of Term 1

Just a reminder that Monday (11th March) is a Public Holiday and there is no school for the students.

Thank you

BIRTHDAY GREETINGS

"Happy Birthday" to



Carlos, Eliza, Trinity and Yasmin S.

who are all celebrating their birthdays this week .

STUDENT OF THE WEEK AWARDS

Congratulations to the following children who were presented with Student of the Week & Achievement Awards on Friday at assembly:

Kyra M., Litia, Alvitha, Keith, Charli H., Chloe D., Sharon, Emily D., Denholm, Bridgette, Audrey, Reece, Dominic, Parth, Sweeney, Asmaa, Rithu, Casey, Sindy, Alessio, Jye N., Dylan K., Sameer, Jood, Ghadeer, Aaliyah, Ricky and Alita.



VICTORIA POLICE PIPE BAND

Unfortunately the Police Pipe Band are unable to attend Reservoir Primary School tomorrow due to unforeseen circumstances so they will be joining us at a later date.

**Performing Arts Teacher,
Mrs Phokos**

FREE EVENT

Cinema Nights at Piazza Italia (Free Entry)

Join us for cinema for the whole family under the stars at Piazza Italia in the heart of Lygon Street, Carlton.

Film buffs of all ages can view free movies and cartoons every Saturday night from 2nd March to 16th March 2013 from 8pm (Cartoons start at 8pm with the main feature commencing at 8:15pm)

Seating is provided including turf matting. Bring a blanket in the event of a cool evening.

Saturday 9th March
DR SEUSS- THE LORAX

Saturday 16th March
DOLPHIN TALE

SCHOLASTIC BOOK CLUB

Scholastic Book Club orders and money are due at school by Friday the 15th of March.

Thank you,
Susie Kotanidis

*****WANTED*****

The Art Room are in need of the following items.
Please make sure all containers are clean.

- **Margarine Containers**
- **Meat Trays**
- **Ice-Cream Containers**

Thank you,
Susie Kotanidis

GROUP 6 AUTOBIOGRAPHIES

Hi, my name is Ghadeer and I was born in Australia on February 20th. In my family is mum, dad, aunt, uncle, Muktada, Hibatala, Fatima, Sama (my cousin) and me.

I have black hair, dark brown eyes and a smiling face all the time.

My hobbies are reading, drawing, tennis and basketball. My friends are Leila, Kosma and Rithu.

I am going to be 11 years old this year. I am going to be a designer because I am good at drawing dresses.

Ghadeer



Hi, my name is Jayden. I was born in 2001 and I am now turning 11. I was born in Australia.

I live with my mother and all the animals I have. I have golden brown hair and brown eyes.

My hobbies are to play games and do sporting activities. My friends are Noah, Declan, Sebastian, Mishqat, Prince, Sweeney and Yashil.

When I grow up I want to be an electronic engineer.

Jayden

Hi, I'm Prince and I was born in Guinea, Africa. I live with my mum and my dad and uncle.

My hair colour is black and my eyes are black as well.

My hobby is soccer.

My friends are Josh, Jayden, Yashil, Sweeney, Mishqat, Zac and Edward.

I want to learn joining Handwriting this year.

In the future I want to be a soccer player.

Prince



My name is Zalia and I was born in September 2003 in Australia. I have a mum, dad and two brothers.

I have brown eyes, brown hair and a smiley face.

I like watching TV and cooking.

My friends are Leila, Praijini and Calie.

I want to improve my reading this year.

Zalia



Hello! My name is Edward and I was born on the 23rd of February 2005. I was born in Australia.

I live with my mum, dad, step dad, brother, sister and cousin.

I have brown hair, brown eyes and dark skin.

My hobbies are Avengers, Lego and Soccer.

I want to live on a boat.

I am 7 turning 8.

Edward



Hi, my name is Leila and I was born in Dushanbe, Tajikistan on the 31st of December 2004.

In my family I have a mum, dad, little brother and grandma.

I have dark brown hair and eyes and my hobbies are dancing and drawing.

My friends are Evangeline, Mrs Taliana, Zalia, Praijini, Chloe C., and Jhanvi.

I want to learn paraphrasing in Literacy.

In the future I want to be an athlete in the Olympic Games.

Leila



Hi, my name is Gabrielle and my birthday is June the 16th. I was born in Australia in 2005. In my family there is mum, dad and me.

I have dark brown hair and brown eyes.

My hobby is walking my dog.

My friends are Praijini, Chloe, Sarah and Amy.

This year I want to learn times tables.

Gabrielle



GARDEN HELPERS WANTED!!!

Helpers are required to support the school vegetable garden project this term. Involvement will occur on Tuesday, Wednesday and Thursday afternoons alongside the children; hence a Working with Children Check is required. Anyone wishing to be involved please leave your name and phone number at the office. No previous experience necessary.



SUBWAY LUNCH ORDERS 2013

Subway lunches are on **FRIDAYS ONLY** - orders are collected on **THURSDAY at 9.00am**

Place money and order in an envelope or bag marked clearly with child's name and Group and give to the classroom teacher. **Separate orders are required for each child. Correct money is required, no change will be given.**

Please note that Subway do not put butter on their rolls.

**** PLEASE MAKE SURE YOU CIRCLE WHICH NUMBER YOU WISH TO ORDER – YOU ALSO NEED TO CIRCLE WHAT SALAD ITEMS YOU WOULD LIKE**

CHILD'S NAME GROUP

1.	Six inch Vegetarian Delight Sub: Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.20
2.	Six inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.40
3	Six inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$6.00
4.	Six inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.40
5.	Six inch Sub: BMT (Salami & Ham) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.50
6.	Six inch Sub: CLUB (Ham, Turkey & Roast Beef) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.50
7.	Four Inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
8.	Four Inch Sub: Turkey Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
9.	Four Inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
10.	Four Inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.40
11.	80 cents for a Cookie	.80
	TOTAL money enclosed	\$

Please Note: Late orders will not be accepted