



# MACARTHUR PRIMARY SCHOOL

E-mail: [macarthur.ps@edumail.vic.gov.au](mailto:macarthur.ps@edumail.vic.gov.au)

Principal: Lynn Lyles

School Council President: Peter Musson

## Office Hours 2008

Monday - Friday

8:00am - 9:00am

Monday - Friday

1:00pm - 4:00pm

## Newsletter Date 16th July 2008

## Issue 21 2008

### From the Principal's Desk

#### Welcome Back

Term 3 has begun on a very positive note with teachers and students arriving back happy and refreshed after the break. We welcome all students back to school and a special "Welcome Back" to Suzy Millard and Victoria Jewell who were both away for a period of time at the end of term 2.

#### Term Curriculum

Teachers have been planning curriculum and setting dates for events for this term and it certainly looks set to be an interesting and exciting term for students.

All classes will be studying "The Olympics" for the first part of this term in the lead up to the Beijing Olympics beginning August 8<sup>th</sup>. We have many other events and activities planned for the term so keep an eye on the calendar attached to the newsletter each week or check out our school website for an updated weekly calendar.

Events planned include:-

- Pet Day
- Hoop Time Basketball
- Mini Olympics
- Book Fair
- Book Week
- Music Viva Concert
- Grade 6 Leadership Camp
- Boating Gr 4,5,6
- Literacy / Numeracy

#### Week Activities

- Clubs Program
- Golf

#### New Library

Our new library building is almost complete and looking fantastic. We should have final access to the building in a few weeks once some final inspections have been arranged and a water tank installed so that some CFA regulations can be met.

#### Macarthur Cup

Congratulations to the Parent team on their victory in the end of term T Ball game against the students. The final score was close with the parents winning by 15 to 9. Thank you to all who participated and the fantastic spirit which is generated during these events.

A big thank you also to the parents who ran the BBQ on the last day. This is always appreciated by the students and staff.

#### Student Awards

The community awards for term 3 were awarded to Claire Logan and Laura Addinsall.

Bus awards were as follows:

Mr Jasper's Bus: Ruby Hill  
Mr Sullivan's Bus: Skyla Milgate

#### Pet Day

Junior School Council are organising a "Pet Day"

next Friday July 25<sup>th</sup>. Children are invited to bring pets to school at the start of the school day. We will hold a "Pet Show" on the basketball court at 9am. The Junior School Council will be organising some awards for different categories of pets. All pets will need to be contained either in a cage or box, or on a leash. Pets will need to be taken home by parents at the end of the Pet Show at about 9.30am as we are unable to keep a variety of pets at school safely for the day. Looking forward to a wonderful show of our "family friends".

#### Family Portraits

I have been asked to remind parents about our Family Portrait fund raising event planned for this term. At the moment we have about 20 community families interested in participating but we need at least 30 in order to run the event. We desperately need another 10 families to participate. If you know of any family in the community who you think may like to have a family portrait taken please let them know and contact Andrea Drendel to confirm participation.

#### Basketball Hoop Time

This week we have had a visit from students from St Josephs School in Penshurst. Our grade 3, 4, 5 and 6 students have joined the Penshurst children in practicing for



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Jim Lambevski (19th)

## Kids Golf

Kids Golf will be held this Sunday 20th July Starting at 10:00am – 11:00am at the Golf Club. Clubs supplied.

Any queries contact Lex 55761134

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the Hoop Time Basketball competition to be held in Hamilton next week. Teams have been formed including children from both schools to compete in Hoop Time. This is a good opportunity for children to expand their social circle and develop friendships with other schools. It also provides the opportunity for children to visit other schools and work with other teachers. Thanks to Miss C and Mr Van de Camp from Penshurst for organising this.

### Golf Championship.

The Victorian Primary Schools Golf Championship will begin soon. Last year many of our students attended this competition which is this year to be held in Mortlake. The Macarthur Golf Club held some very successful training sessions last year on Sunday mornings and Lex Cassidy has informed me this may be happening again this year. I have given information about entering the Golf Championship to interested students. Please return these to school and we will fax through entry forms to the VGA.

### Net Set Go

The Net, Set, Go program has begun for 2008. This started last Monday night and will continue all this term. Thanks to Leonie Dyson and Trudy Sharrock for running this for the students. All students who normally travel by bus and are attending Net, Set, Go for the term will need to provide the school with a note to say they will not be travelling by bus on Monday nights. One note will do for the term.

### Bus Notes

A reminder for all parents of bus travellers. The school requires a note if travel arrangements for your student have been changed. This is to allow us to ensure student safety and fulfil our legal “duty of care” requirements. Please inform the school in writing if your children will not be travelling by bus.

Lynn Lyles

**Found - a wrist watch in school ground. Contact Office.**



On the 25th July the School is having a first Macarthur Primary School Pet day.

If everyone could bring a Pet with your Parents to take your Pet home.

Pets must be on a leash, if your pet bites PLEASE do not bring it. There will be prizes for your



## Fundraiser—Family Photographs

**Your Framed Family Portrait for only \$10.00**

(Valued at \$130.00)

Rule 1: Minimum of two generations in family portrait

Rule 2: No person may appear in two fundraising family portraits.

Please help

**Macarthur Primary School**

Fundraising efforts on **Sunday 10 August 2008**

Additional photos available include: Portraits, Bookmarks, Gift Cards and Calendars all featuring your Family Portrait.

Complete Package just \$179!

No obligation to buy.

Please return your voucher and payment as soon as possible to **Andrea Drendel**

Or contact me on **55764264** or **0428 761097** to book your photographic session.

Thankyou

## CHILDREN AND SLEEP

Wouldn't it be nice if your child happily went off to bed at seven and was not seen again until eight the next morning? Unfortunately, bed time problems are often a common complaint among parents. Some children just don't like going to bed. They don't settle easily, getting up because they are thirsty, need to go to the toilet, have a sore tummy or want a story.

Many children wake during the night and then are hard to settle again. Some end up in their parents' bed, sleeping soundly for the rest of the night. Not everyone gets a good night's sleep this way. What's normal, what's not?

On average, infants sleep about 17 hours but there is a very wide variation. Toddlers sleep about 12 hours a night, usually as well as a daytime sleep or two. Pre schoolers sleep about 10 hours and out grow their daytime sleep by between four and five years of age. However, like most things, how much sleep a child needs varies from individual to individual. It is more common than not that babies and young children wake during the night. Babies from six months of age are capable of sleeping through the night because they can last that long between feeds. However, many infants and young children wake in the lighter periods of sleep during the night

and haven't yet learned how to go back to sleep.

Children under 4 years of age can be distressed by being separated from their parents at night, and so if they wake, it is difficult for them to settle without you. If a child is worried about something or pick up on parent's stress or family changes, this can keep them awake at night.

Sometimes children who have always been rocked or nursed to sleep find it hard to settle back to sleep when they are alone in their own beds.

Some tips to help reduce bed-time problems:

- Have a relaxing bed time routine, including a story and a cuddle
- Keep bedtime activities calm and quiet
- Comfort a child who is worried or afraid about being separated by lying down near them for a time
- Children may be comforted by a soft toy, a dummy or a special blanket
- Don't play with your child during the night. Night time is for sleeping. Be there if they need reassurance, but only to help

them settle back to sleep

- Some children settle more easily with a night light, playing soft music and leaving the door ajar
  - If your child cannot settle unless you are with them, try leaving them for a few minutes and telling them you are coming back. Make sure you do come back, this builds trust
- Sometimes taking a toddler into your bed may be the only way to settle them. Try getting them back into their own bed as soon as practicable.

Take heart, by the time your children are teenagers, you will have trouble getting them out of bed, not into bed!

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### Baimbridge College Middle School Open Evening

**V.C.E Centre (East Campus)**  
**Wednesday 23<sup>rd</sup> July 2008**  
**7.30 start**  
**Supper provided**

Presentations will be made from both staff and students, with all subject areas being represented – form teachers, specialist teachers and support staff will be available to answer any questions.

Baimbridge College would like to invite you to our Middle School Open Evening. Come along and find out about the Middle School structure, philosophy, advantages and resources.

**Looking forward to your company!**  
**All Welcome**

