NOTICES HOME THIS WEEK

- District Cross Country (selected Students)
- Interschool Sports (4-6)

Blue and Red HATS now available from the office $5.00

FOR YOUR INFORMATION

Items sent home will generally be colour coded.

- Pale Blue or White: General Notices
- Gold: Excursion Incursion
- Orange: Important Messages
- Bright Pink: Fundraising

School Hours and Break Times

Playgrounds supervised 8:45 – 9.00 a.m. and 3:30 - 3:45 p.m.
Students arrive 8:50 a.m. Classes start promptly at 9:00 a.m.
Morning Recess is 11 – 11:30 a.m. Lunch 1:40 – 2:30 p.m.
School finishes at 3:30 p.m.

Mission Statement

The school community of Southern Cross Primary believes in providing a quality learning environment that encourages children to be curious, inspired and successful in their learning. We strive to achieve an educationally safe and caring environment through our daily implementation of behaviours, programs and modelling that values, understands and respects individual abilities and cultural diversity.

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Please read this newsletter, as it is an important communication between school and home.

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What’s happening in Our Principals Page

Dear Parents and Friends,

Welcome to Term 2 at Southern Cross Primary School. I do hope that you all had some happy family time throughout the break.

Assembly

Our first assembly will be held on Monday 18th April at 3.10pm where we will be presenting badges to the class captains for this term. Parents of those children will be informed and if you are able to attend to see your child receive their badge we would be delighted to see you there.

School Crossings

It has been brought to my attention that many students are not using the school crossing in David Collins Drive to meet parents who are parked on the other side of the road. Could all parents please make sure students use the crossing correctly and not call them to cross the road unsupervised. It is a serious issue as it is very dangerous for the child and also those drivers who are attempting to drive away and find they have a child in front of their car.

Could I please also ask that parents do not block the driveway into the school, as it makes it very difficult for staff to leave the car park safely. City of Casey bylaw officers, as well as police frequently patrol our area and fines are quite substantial.

Thank you for your co-operation

I wish you a happy and healthy week ahead.

Averil Nunn
Principal
We welcome all students of Southern Cross to come and join us for another spectacular year of Breakfast Club. This year we will still be based in the new hall every Wednesday morning starting from 8am until 8.30am. If you are someone that loves a tasty warm breakfast then please come and enjoy a delicious meal.

The great news for this year is that we have been chosen as a School to receive Government funding from “Food Bank”. We will be receiving a selection of breakfast foods to serve to our students; however the variety of choices such as pancakes, eggs, milo etc. will not be available under this provision. So that we can continue with this menu, we ask if you could provide a gold coin donation to assist.

We look forward to seeing existing/new faces next Wednesday for our first Breakfast Club of the year.

Our next ChaTS Group gathering is next week on Thursday 21st April at around 9.10am in the school staffroom. All parents are invited to come along and be part of this friendly supportive group.

Please mark this day in your diary and come along for a chat over a cup of tea or coffee.
EFFECTS OF LACK OF SLEEP

More than eight hours of sleep is required for optimum performance and longer life.

EFFECTS

The less you sleep, the sooner you die. Lack of sleep can affect every aspect of life.

Lack of sleep affects –

- Ability to learn or process new information
- Makes school a challenge
- School academic performance
- Alters mood and creates mood swings
- Higher irritability and less flexibility
- Some cases of attention deficit hyperactivity disorder can be directly connected to lack of sleep

Increased health problems like: colds, skin rashes, headaches and lethargy.

WHAT CAN THEY DO?

- Set a regular bedtime
- Exercise regularly
- Avoid coffee and soft drinks after 4.00 p.m.
- Relax your mind
- Unwind by keeping the lights low
- Don’t nap too much
- Avoid staying up all night
- Create the right sleeping environment

WHAT CAN PARENTS DO?

As children enter puberty, their sleep rhythms change. Adolescents have different sleep clocks than children or adults. Teens tend to stay up later and sleep later as well. That’s not just a desire to watch the Late Shows.

- Have a consistent time for going to bed and getting up
- Avoid computers, televisions and gaming consoles in the bedroom
- Select relaxing activities that they enjoy as part of their routine
- Don’t let them consume coffee and sugar filled foods or drinks before bed
- Get them out of their bedrooms
- Avoid sleeping in too long on the weekends

Lack of sleep has been linked to many different health conditions and many different mental conditions. In most cases, returning to normal sleep each night can stop these conditions, but in some cases, the damage is irreversible. There are many different ways that a lack of sleep can affect the body and each of the consequences of not getting enough rest at night can be dangerous to the person’s health and well-being.