

St Joseph's School Newsletter



*Humility
Care
Respect*

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P&F Meets 2nd Tuesday each month

12 March 2014

Principal's Report

Thought for the Week

Courage is fear holding on a minute longer. George Patton



Dear Parents and Caregivers

Most children don't enjoy doing chores. It takes time away from their play time and they can find it boring and difficult, but chores are very important in a family. Everyone must do their part to help out. Hopefully we can find joy in completing our chores, as it is a way to offer something to the ones you care about, in the same way that you give someone a gift. In the case of work, the gift that you are giving is the gift of yourself.

St. Joseph, whose feast day we celebrate next Wednesday is the patron saint of workers, partly because he was a worker himself – a carpenter – but also because of the gift that he gave of himself when he agreed to take care of Mary and Jesus.

On Wednesday 19 March, we honour this compassionate man by celebrating Eucharist together as a whole school community and reflecting on how we 'Come Live Life' at St Joseph's, 76 years on after the first class began in 'The Drive' Bardon. After our Mass, the children will participate in pastoral care activities, where they will be part of a group of children from Prep to Yr 7 led by their pastoral care teacher.

You are all welcome to join us for Mass at 9am on Wednesday 19th March.

PARENT TEACHER INTERVIEWS

Parent teacher interviews will begin next week and continue into the following week (Week 8 and 9). Please take up the teacher's invitation to meet with them to discuss your child's progress. These meetings are a valuable form of communication between teacher and parent.

I take this opportunity to thank the teaching staff for making themselves available outside of school hours (some early mornings, some late evenings and even weekends) to meet with parents of the children they teach. I also thank parents for re-adjusting busy schedules to take the time to meet with your child's teacher.

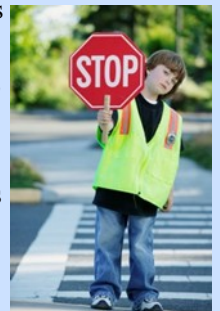
DROP OFF AND PICK UP ISSUES

Schools always experience difficulties with traffic before and after school at peak pick up and drop off times. Particular procedures are therefore put in place to try and keep traffic flowing as smoothly as possible. While on crossing duty last week it was noticeable that some parents are not following the correct procedures and placing student and staff safety at risk. Please take note of the following:

- 1) Please turn **LEFT ONLY** to **ENTER** the Church roundabout area; turn **LEFT ONLY** as you **EXIT**. There are parents turning right on both occasions.
- 2) If you are using the roundabout please **DO NOT** wait in the tennis car park. This is to be used for families who are parking and walking to collect their children. If you are early please wait in surrounding streets.
- 3) Keep neighbour's driveways clear **AT ALL TIMES**.
- 4) **DO NOT** park on the footpath...this is illegal and endangers our students lives. There are some parents parking on the footpath at the roundabout area regularly.
- 5) **DO NOT** use the staff car park as a drop up or pick up point.

Supervision before school begins at 8:15am. Children are not to be dropped off prior to this time.

Please exercise patience at all times during the drop-off and pick up procedures.



YEAR 6 and 7 DISCO

From all reports by our Year 6 and 7 students, the disco held in our school hall last Friday night was a great success. Joined by another five Catholic neighbouring schools for the evening, there was certainly a lot of excitement as they sang and danced (or jumped) the night away. Congratulations to all the children who attended, they are to be congratulated on their great behaviour. Their great behaviour is a credit to you, their parents!

A big thanks to all the parents who worked behind the scenes organising this event and thanks to the staff for supervising the students throughout the evening. This is certainly an extra commitment by parents and staff to provide another privilege for our students.

Yours faithfully, *Carolyn*



From the APRE

Reconciliation Retreat

Next Friday 21 March, all the Year 3 students will participate in the retreat program at Lavalla Centre, Rosalie. This is in preparation for the Sacrament but also as a culmination of work done at home and in the classroom. We keep all the candidates in the Sacrament in our prayers as they prepare to receive their First Reconciliation.

Caritas Appeal – Come Live Life through Charity & Awareness

As mentioned in last week's newsletter, we are collecting money to aid the various worldwide efforts of Caritas International. The Project Compassion Appeal has classes contributing to a class mission box which is counted each week. The totals will be announced each Friday assembly for the next seven weeks. Also, pictures of chickens and school books will be placed in the garden for every \$10 raised. Each week the school will focus on a country that is specific to this year's fundraising.

Week 1- Sao Paulo, Brazil. With over 1.6 million people living in hundreds of Favelas (slums), Caritas has been lobbying local agencies to get better living conditions for them. With no electricity, running water or sewerage these people are turning to a life of gangs and crime. Some even live in make-shift cardboard homes and are moved on regularly by authorities. We can help Caritas support change for the people of Sao Paulo.

BONUS*** The class that raises the most money over the seven weeks will have an hour of free time with Mr Robbo. The teacher also wins with an hour 'free time' while Mr Robbo has their class.

"This is the best prize ever!!! We have to win it!!!", Mr Deegan (Yr 3G)

Michael Robertson

Assistant Principal (Religious Education)



Our Star Student of the Week is Henry (2G)

Masses for the rest of Term 1

Wed 19 March
Monday 31 March

St Joseph's Day Whole School Mass
HOLY WEEK LITURGIES

Year 4 Excursion

Last Monday, all the Year 4s went to NGUTANA-LUI in Inala. Ngutana-Lui means 'To teach'. They had lots of fascinating hands-on activities about Aboriginal culture. The teachers at NGUTANA-LUI taught us how to paint with traditional techniques, how to throw a boomerang and how their ancestors lived and hunted. We also learnt about medicines and how they are found in our environment. It was interesting to learn about their traditional and contemporary ways of living. My favourite activity was throwing the boomerang!

By Alex



Raising Kids to Thrive!

1

Monday 12 May 2014 7:30pm - 9:00pm
St Joseph's Hall (off Cecil Road, Bardon)

For parents of primary school-aged children

Michael's presentation is based on current research and best parenting practice. Michael will help you feel more confident, less anxious and better equipped to raise kids today.

Raising Kids to Thrive! is the new roadmap to parenting success for parents of children 3 to 12 years of age.

Kids need strong, confident leadership ... from their parents. That's quite a challenge these days as kids grow up at the speed of light and parents are unsure of their place in the lives of kids.

Michael will show parents how to be confident family leaders, able to develop real confidence, character and resilience - the keys to kids' future success in this ever-changing world.



Here's what Michael covers:



- ⇒ How to develop real independence in kids so that they are equipped to look after themselves.
- ⇒ The most effective parenting style for raising today's kids.
- ⇒ The secrets to building strong families and how you can apply these principles to your own family.
- ⇒ Why disappointment, struggle and failure are good for kids and how you can help them to grow from these experiences.
- ⇒ Great ways to get cooperation from your kids without nagging, shaming or raising your voice.

2014 SWIMMING CARNIVAL

Congratulations to all the children who took part in the St Joseph's Years 3-7 Swimming Carnival last Tuesday at Newmarket Pool. Despite the overcast conditions, the boys and girls all swam with enthusiasm and speed and a great day was had by all. A special thank you to these people:

- ✓ The wonderful Year 6 and 7's who went to so much effort with their fabulous Colour House mascots and were a constant encouragement and help to all the boys and girls in their colour house team.
- ✓ The Mums and Dads who helped out on the day – without your help the Carnival would not have run so smoothly so thank you for your time and effort.
- ✓ A special thank you to Chris Hawley for his great skills as Race Starter- you definitely kept the Carnival flowing.
- ✓ The teachers who all worked very hard throughout the day to enable the Carnival to run so efficiently.

The overall scores and Age Champion Results can be found below.

HOUSE COLOUR POINTS

	YELLOW	RED	BLUE	GREEN
TOTAL SCORE	515	489	462	451

AGE CHAMPIONS

AGE	BOYS CHAMPION	BOYS RUNNER-UP	GIRLS CHAMPION	GIRLS RUNNER-UP
U8	Sam James	Lachlan	Aibhe	Ella
U9	Lennox Ruben	Sam	Charlotte	Imogen
U10	Zac	Finn	Claudia	Lucinda
U11	Patrick		Abbey	Chloe
U12			Georgia	Bridie
U13			Georgia	Aurora

More information and results from the Zone Swimming Carnival which will be held at the Chandler Swimming Pool on Tuesday 18th March will be in next week's newsletter. This Carnival is for boys and girls 9 years and above and we compete against other Catholic Schools in the North West Area.

ST JOSEPH'S CHESS CLUB

St Joseph's Chess Club resumes for children in Prep - Year 7 in **Term 2 and 3 only**. It is held on **Monday afternoon in the Library 3.10pm – 4.10pm** and is run by coaches from Gardiner Chess. The children are supervised by myself or Mrs Amanda Gardiner (T-L). The children are to come to the Library at 3pm where the roll is marked and where they are encouraged to have an afternoon tea snack prior to the lesson. **Children are to be promptly picked up outside the Library at the conclusion of the lesson but by no later than 4.15pm.**

Dates for Term 2 and 3 are:

Term 2: 28th April (Week 2) – 16th June (Week 9)

- There will be no Chess Club on 9th June because of the Queen's Birthday Public Holiday

Term 3: 21st July (Week 2) – 8th September (Week 9)

In Term 4 there will be an opportunity for children in St. Joseph's Chess Club to participate in the Brisbane Individual Age Chess Championships. A date and venue for this event is yet to be finalised. **Please note that transport and supervision for this event is the responsibility of parent/s and caregivers.**

If your child/ren wants to participate in the St. Joseph's Chess Club, please complete the attached enrolment form and permission slip. **Both forms need to be returned to the Office by no later than Tuesday, 1st April** as the number of children for St. Joseph's Chess Club is limited.

If you have any questions please do not hesitate to discuss them with me.

Jane Robinson (St. Joseph's Chess Club Co-ordinator)

ST JOSEPH'S CHESS CLUB

I/we _____ give permission for my child/ren

to participate in the St Joseph's Chess Club run by Gardiner Chess on Monday in the Library from 3.10pm – 4.10pm. I/we acknowledge that my child/ren are to be picked up promptly after Chess Club but by no later than 4.15pm.

Please indicate which term/s your child/ren will participate.

Term 2 Term 3

Signature: _____ Date: _____

Lessons on Mondays
 3.10–4.10pm in the library during Terms 2 & 3 only
 (8 weeks each term).
 Term 2 will commence 28th April
 Term 3 will commence 21st July

GARDINER CHESS

PO Box 1423, Mudgeeraba Q 4213
 Email: accounts@gardinerchess.com.au
 Website: www.gardinerchess.com.au
 Phone 07 5522 7221; Fax 07 5522 7760

ST JOSEPH'S, BARDON CHESS FORM 2014

This form **must** be returned to the **school office** no later than Tuesday 1st April to enable your child/ren to start the program.

The cost is \$83 per term, or \$155 for both terms 2 and 3, including GST per child.

Since fees are required in advance for your child or children to take part in the program, we request that you pay by completing the payment form on the right.

Unless there are extended absences, where special allowance may be made on written request, we will require the full fee to be paid in advance. The fee is based upon a full class of students, and no allowance can be made for occasional absences.

Under no circumstances will the coach be allowed to accept payment.

Please include details of any medical, custodial, or other factors of which we need to be aware, on the back of this form.

CHESS PERMISSION SLIP

My child of school, has permission to participate in **school chess** until further notice. I authorize Gardiner Chess to seek emergency medical, hospital or ambulance assistance for my child if necessary.

Child's Name: Class:

Parents' or Carers' names

Address:

Postcode:Phone:

Mobile: Date of Birth

Email address.....

Signed..... Date

PAYMENT FOR CHESS TUITION [+ CHESS GOODS IF REQUIRED]:

Please indicate:

Payment for Term 2 only \$83.00

Payment for Terms 2 and 3 \$155

Payment can be made by cheque: payable to Gardiner Chess or direct to the bank BSB124-008 AC10-579454

Mastercard Visa

Expiry date: __/__/__ Amount: \$ _____ (include payment for goods)

SignedDate



CHESS GOODS TO HELP YOUR CHILD LEARN CHESS

NOTE: POSTAGE IS INCLUDED IN THESE SPECIAL PRICES



A tournament chess set comprising pieces, roll-up board plus a good quality bag for only \$25.

Chess Workbooks (by Sydney Academy of Chess)

- **Book 1 (for beginners)** \$25
- **Book 2 (a little more advanced)** \$25
- **Books 1 & 2** for \$45

These books are great for beginners, well-illustrated with easy to follow examples.

To purchase, please indicate here

To purchase, please tick Book 1 &/or 2

Special deal - buy the set and both workbooks for only \$65!

Kilometre Club News

A calendar, along with a Code of Conduct page went home today with all those children who sent back their 'expression of interest' last week. Please read through the code of conduct, with your child, and sign it.



Make sure to read the attached information page. Take special note of the list of rules towards the end. Please follow the advice about how to set up your folder, as having them all uniform makes the Wednesday morning signing and checking process much easier and quicker.

Use a plain manila folder (no pockets, sleeves or plastic folders)

Calendar on the right side and signed code on the left.

Clearly mark with name and grade.

Send your joining fee money (\$15/\$30) along to the first session.

Put it envelope **clearly marked with child's name and grade (eg 4B).**

Goal distances for medals - 20km (P & 1), 30km (yr 2-4), 50km (yr 5-7)

Remember to send along a change of shoes and socks.

Kilometre Club will start in two weeks, on Wednesday 26 March, at 7:40am for Years 2-7, at Bowman Park and at 7.45am, for Prep & Year 1, on the school oval.

Remember, if it is raining Kilometre Club will not be on.

Thank you to all those parents who offered their assistance either on Wednesday mornings and/or Sunday afternoons.

We are still looking for a parent or group of parents to co-ordinate the helpers each Sunday. This involves making sure adults are out along the creek track and oval before the children start running. Please contact Mrs Lamb or Mrs Skelly if you are keen to take on this role.

Some children were lucky enough to receive one of the random draw t-shirts. These shirts were found, by an ex-parent, in storage and they are from about 10 years ago when we had our first lot of t-shirts for sale. Enjoy!



LANGUAGES - ITALIAN AT ST JOSEPH'S, BARDON 2014 Jeanette Vanderzee



If anyone would like to help during Italian classes in the next few weeks (we will be making masks for Carnevale day) **or** with Italian Day planning, please return the note below with your name, child's name and grade. Thank you to those who have already sent back their form.

Italian Day Planning

I will be having an information afternoon **Thursday 20 March in the Italian room at 2.15 pm to 3pm.** I am looking for parents to help with sourcing and organizing /ordering gelato, drinks, coffee/ hot chocolate for the day. I am also asking for parents who would be prepared to make pasta and do other activities with the children on the day. The more volunteers we get, the easier the day will flow. Teachers will need to stay with their class to make sure their class goes to the planned activities on time.

I would like to hear suggestions and ideas from parents to make the day fun for all.

I _____ would like to help during Italian classes.

I _____ would like to help in planning **Italian Day** 26 June.

I will attend information meeting on Thursday 20 March.

I cannot attend but would like to help on Italian day (26 June).

My child/childrens' names and grade/grades _____

Availability **Wednesday** **Thursday** **Friday**

Time available _____

Student of the Week

- Prep B Mikayla for always demonstrating excellent listening skills and for showing great enthusiasm for learning.
- Prep G Piper for settling in so well into Prep G and for sharing your talents with the class. Thanks Piper.
- Prep W Max for endeavouring to always follow directions from teachers.
- 1B Thomas for making good choices in the classroom.
- 1G Max for readily sharing his thoughts and ideas with the class.
- 1W Amelie for always being a responsible student and for an excellent job at remembering your tricky words.
- 2B Tom for your fantastic effort to complete all activities well and on time this week.
- 2G Henry for consistently working well in class and for beautiful manners.
- 2W Xavier for attentive listening and sharing interesting ideas during class discussions.
- 3B Libby for taking some fantastic risks in class this week and for contributing thoughtfully to discussing religion.
- 3G Aibhe for always demonstrating a positive attitude to school life and making a fantastic effort at the swimming carnival.
- 3W James for having beautiful manners in church and developing a strong work ethic. Keep up the great work.
- 4B Katie for working conscientiously and always trying her best. Well done.
- 4W Lola for a fabulous attitude in the classroom on our excursion and at the swimming carnival. Thank you Lola.
- 5B Siena for always being inclusive and being aware of the needs of her classmates.
- 6B Ali for diligence towards all areas of learning.
Georgia for her optimism and leadership demonstrated inside and outside of the classroom.
- 7B Lillian for being such a great help with many of the more practical leadership tasks of our school.

TUPPERWARE RAFFLE

\$1 a ticket



ATTENTION

**Year 7 students will be selling
ice-cream cones to Years 2 to 7
this Friday for \$1 at the
tuckshop.**



**All profits will go towards the Year
6 & 7 Canberra trip.**

Thank you for supporting us.

Year 6 & 7 Easter Raffle



There are 5 fantastic, delicious baskets full of chocolates to be won! All money raised will go towards our Canberra trip.

RAFFLE TICKETS \$1

There is also a **GUESSING JAR**

COMPETITION – you need to guess how many eggs are in the jar. Each guess is 50 cents or 5 for \$2.

THANK YOU AND GOOD LUCK!

ACTIVE SCHOOL TRAVEL

NATIONAL RIDE TO SCHOOL DAY NEXT WEDNESDAY!

If you have a bike to ride, why not ride it to school next Wednesday? Our newly powdercoated bike racks have been reinstalled and are ready for action.

THANK YOU to John and Erin Hancock for offering to powdercoat the racks for free, and Nick Herron for arranging the removal and reinstallation. Your efforts are much appreciated.

WEDNESDAY ACTIVE TRAVEL SURVEYS

Congratulations to the winners of last week's Wednesday Active Travel Survey.

- 4W – 57%
- 2B – 56%
- 3G – 55%



WALKING SCHOOL BUS: EVERY TUESDAY AND WEDNESDAY

The Walking School Bus for the walk from school to Bowman Park is getting bigger every week. **We would like more parents to volunteer to help out. For the Walking School Bus to be a success there needs to be at least two Parent Helpers on each day.** If we get enough volunteers, then we can set up a roster so that you don't need to commit to every week.

We would also like to operate the walking school bus every afternoon, so are still calling for expressions of interest for the other days of the week.

There are two important points to note:

- Could you please drop your application off at the school office at least 24 hours before you wish your child(ren) to join the Walking School Bus.
- If you have enrolled your children in the Walking School Bus, and need to notify the coordinator of any changes, please text/call or email Christine Brown as per the contact details below.

MARCH IS "PARK 'N' STRIDE" MONTH

Mr Robertson's morning Walking School Bus from Bowman Park to School is underway again. The morning Walking School Bus will run every Wednesday (about 8:10 – 8:15 am) during March. A special AST breakfast will take place on the last Wednesday of March with special giveaways to those who participate in the March Park N Stride.

If you are interested in being involved please come to one of our meetings, or contact Christine Brown (AST Coordinator) on 0406 425561 or mickandchris@mail.com.au

UNIVERSITY OF NEW SOUTH WALES COMPETITIONS

The competitions for Science, English, Maths will be held again this year for students in Years 3 to 7 on the following dates:

Science	Wednesday 4th June
English	Tuesday 29th July
Mathematics	Tuesday 12th August

Cost per entry is \$8.00 per subject per student. Parents wishing their child/ren to sit these competitions are requested to complete the form below and return form and money to the school office in a marked envelope.

CLOSING DATE FOR ALL APPLICATIONS IS: FRIDAY 28th MARCH

NO LATE ENTRIES WILL BE ACCEPTED

University of New South Wales Competitions

I wish to enter my child into the following competitions:

Child's Name _____ Class _____

Science English Mathematics

Cost per subject is \$8.00. Money enclosed \$ _____

Parent's Signature _____

Please return to the school office by Friday 28th March

P&F News

P&F Minutes, Agenda & Principal's Report Available on Website

On the Menu Bar, Click into About Us, Community, Parents and Friends, make your choice from the Menu, then download the appropriate file, press Ctrl and click into:

[P & F Minutes of Meeting:](#)

[P & F Meeting Agenda:](#)

[Principal's Report:](#)

[Fair News:](#)

[P & F Constitution:](#)

The Files will be uploaded to the site as the documents become available.



A WEEK AND A BIT UNTIL TRIVIA NIGHT! Have you got your registration form in? Deadline is TODAY but we we'll accept them until this Friday the 14th!

NOTE! Although the theme is 'SHOW TUNES' the questions will be across **ALL KINDS OF TOPICS**

so don't worry if you don't know Julie Andrew's middle name – keep brushing up on Bradman's scores, Madonna's early hits and Australian Prime Ministers ...

WANTED! Donations of gorgeous grown up drinks for our raffle! The barrow is looking good but we want it to be **OVERFLOWING** with beautiful bevvies. If you can't make it to the night, donating a bottle might be a nice way to contribute? It doesn't have to be Dom Perigon ... As long it isn't your Uncle Carl's homemade choko schnapps, it'll be gratefully accepted at the office.

St Joseph's Netball

TRIAL GAMES

Your trial game is this **Saturday 15th March** in the **School Hall** with the following details:

- Players to arrive 15 minutes before their scheduled game for a warm-up
- Players to wear their St Joseph's Netball uniform
- They will play 4 x 10 minute quarters with 3, 5, 3 minute breaks between



The following game times are for this Trial game ONLY:

Under 9's Team 1 (Coach: Suzie Meehan) v **Under 9's Team 2** Manager (Coach: Chantelle Daveson) will be **9:00am – 10:00am**

Under 9's Team 3 (Coach: Sharon Bruna) v **Under 9's Team 4** (Coach: Alissa Parker) + others will be **10:00am – 11:00am**

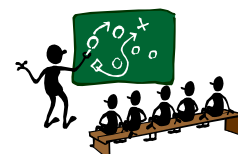
U10 1 v U10 2 (11:00am – 12:00pm)

U11 Gold v U11 Brown v U11 White (12:00pm – 1:30pm) will rotate to make sure all three teams play one another

U12 Gold v Under 12 Brown (1:30pm – 2:30pm)

NETBALL MEETING

A reminder for all **Managers, Coaches and Umpire Liaison people** to attend the next Netball Executive Meeting on **Monday 17th March 2014 @ 7:00pm** in the **Italian Room**. *You will receive your team's regular playing time at this meeting.*



Chantelle Daveson

President

chantelle@davesons.com

Community News

Vacancy- School Crossing Supervisor

A casual position exists for a School Crossing Supervisor.

The School Crossing Supervisor position is for 2 - 5 days a week however you **may** be required to work up to 10 days per fortnight in *all weather conditions*. The hours of work for the School Crossing Supervisor are 1.5 hours a day and comprises 60 minutes in the morning and 30 minutes in the afternoon.

The current rate of pay is \$26.90 per hour.

Commencement of work for the successful applicant is dependent on:

- The favourable outcome of a health assessment carried out by a Government Medical Officer.
- A Positive Notice Blue Card (You will be assisted through this process by the Road Safety Office)

Completed applications should be returned to:

The Principal
St Joseph's School Bardon
The Drive
Bardon Qld 4060



The Gap Health and Racquet Club

Player of the Week: Meg

"Congratulations this week to Meg for the improvements she has shown to her groundstrokes, her excellent on court behaviour and for always giving 100% in each activity. Well done Meg, keep up the great work" S

Lloyd Davies (Coach)



INSIGHTS

by Michael Grose – No. 1 parenting educator



Reduce our national sleep debt

Many parents underestimate the importance of sleep for children's learning and well-being. As a community we lack a great deal of knowledge about what's required to get a good night's sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don't function at their optimum. *Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.*

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes. Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45 minute wind-down time before bed. This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. A bedtime routine: Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep. Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it's smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I've noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. Maximise the three sleep cues. These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.



parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

PO Box 167 Balnarring Vic 3926 p + 61 3 5983 1798 f (03) 5983 1722 e office@parentingideas.com.au

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