



# Carlton Primary School

*A welcoming, diverse, community focused school*

Term One 2019  
Newsletter #2

## Supervision

Families are reminded that teachers are on duty before school from 8.45-9.00am and after school from 3.15 until 3.30pm. Children should not be unattended in the school grounds before or after these times.

## Dates to Remember

### Monday March 11th

Labour Day public holiday—no school

### Monday March 18th

School Council Meeting—3.30pm

### Friday April 5th

Last day of term one—2.15pm finish

### Tuesday April 23rd

First day of term two—9.00am start

### Thursday April 25th

ANZAC day public holiday—no school

## A great start to the school year

Congratulations to all families for your support in ensuring a great start to the 2019 school year for your children!

Thanks to all of those families who attended parent/teacher meetings last night & class information sessions last week. I hope that you found these meetings useful. I know that teachers find these discussions with parents and carers early in the school year really valuable. They assist staff to better understand your child and their needs. Attending these events sends a really important message to your child about how much your family values education. It tells your child that together, home and school will work with them to support their social skill development, wellbeing and learning.

### School Uniforms

A reminder that the CPS School Council endorses the wearing of school uniform by all students. Girls are reminded that only light blue hijabs are to be worn at school and blue or black tights or leggings. Thanks for your support with this. For ease of identification, please ensure that your child's name is written on school tops and hats. All lost property is taken to the parent area outside Prep/1 Drummond. Please look here for any missing hats, lunch boxes, school tops etc.

### Essential Education Items Fee

Thank you to those families who have already been to the office to pay their annual essential education items fee of \$220 per child. Can I remind those families who have not yet paid that this money is used to provide all of the materials that support your child's learning and payment from every family as soon as possible would be very much appreciated. Payment can be either in cash or by EFTPOS.

### Hot Chocolate Club

Hot Chocolate Club will continue every Friday in 2019. Students will be chosen by their teachers for doing great work in class and they are given the opportunity of sharing their learning with me in an informal setting where we enjoy morning tea together.



Congratulations to the following children who have joined me at Hot Chocolate Club since the beginning of the year.

Drummond learning area - Tanmayee, Hudaifa & Yaqub

Rathdowne learning area - Yusif, Sossan, Najah & Adem

Princes learning area - Yusra, Mohaned, Hamza & Siham

### Health Action Plans

If your child has an allergy, anaphylaxis, asthma or any other medical condition please inform the office and your child's classroom teachers. Your doctor will help fill out a **Health Action Plan** and a copy should then be given to the school to be shared with staff and kept on file.



★ **Name:** Ubayd

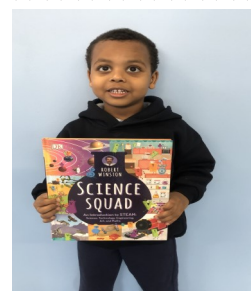
★ **Grade:** P/1

★ Drummond

★ **Book Title:**  
★ Science Squad

★ **Why should other people read this book?**

★ I found this book by myself. Its so cool!  
★ We live on Earth, Do you know Earth?  
★ Earth is so blue and colourful and it's got  
★ water everywhere. I can see asteroids and  
★ the biggest moon and the sun shining.



## What's happening with the learning precinct redevelopment?

- ◆ Things are moving along with level one demolition works (stage two of the redevelopment)
- ◆ Stage two is on track to be completed by mid 2019
- ◆ Landscaping of the new forecourt area is complete—there is still signage to come for this high visibility corner
- ◆ The school entrance is almost complete and very soon you will be able to enter the building through 150 Palmerston Street
- ◆ The COLA line marking is now complete



### Supporting good sleeping habits

At class information meetings last week, the discussion about recommended sleep times for children raised a lot of interest and discussion. Research tells us that children who do not get enough sleep are not able to learn at their best. We are also aware that many children are spending far too long on screens (iPhones, iPads and computers) and that this is impacting on their sleep too. Here are some research based strategies to help families ensure that children get enough sleep:-

- Work out an appropriate bedtime for your children based on the age/sleep guidelines
- Insist on no screen time in the hour before bed
- Start a regular pre-bedtime routine with your children in the 30 minutes before sleep, including brushing teeth, putting on pyjamas and reading a book
- Insist on no devices in the bedroom and never allow children to use a device in bed to ensure that bed is associated with sleep
- Make sure that devices aren't accessible without adult permission/supervision

### RECOMMENDED SLEEP HOURS FOR CHILDREN

0-1 YEARS: 14-17 hours

1-2 YEARS: 12-15 hours

3-5 YEARS: 10-13 hours

6-13 YEARS: 9-11 hours

*(more in younger end of spectrum)*

14-17 YEARS: 8-10 hours

### Supporting our new preps

Our new preps are settling in beautifully. We know though that the first year of school can be a big adjustment for children and their families. Here are some suggestions to support that adjustment.

- Find out about what your child is learning at school. By doing this, you can support your child's learning and find out more about how your child is settling in
- If your child is having any difficulties at school, talk to their teachers. Your child can also say what they think might help them to get used to new environment
- Keep talking positively to your child about school. Ask them about their new experiences
- Link into the See Saw app to keep up to date with things happening in your child's learning area
- Set up good bedtime routines to ensure that your child is rested and ready for learning



Regards

Julie Large  
Principal