



Carlton Primary School Newsletter

Carlton Primary School is a partner in the Carlton Learning Precinct
Supporting children and their families to succeed in life



Term One 2020
Newsletter #2

Dates to Remember

Wednesdays

No school for Prep students on Wednesdays until after Labour Day

Monday March 9th

Labour Day public holiday
no school

Monday March 16th

School Council Meeting
3.30pm

Friday March 27th

Last day of term one
2.15pm finish

Tuesday April 14th

Curriculum Day
no school for students

Wednesday April 15th

First day of term two
9.00am start

We acknowledge Traditional Owners of Country and recognise their continuing connection to land, waters & community and pay our respects to Elders past, present and emerging.

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.

Supporting our new preps

Our new preps are settling in to school beautifully! Thanks to all prep parents and carers for your support with this. We know that the first year of school can be a big adjustment for children and their families. Here are some suggestions to help the transition.

- Find out about what your child is learning at school. By doing this, you can support and extend on their growing knowledge
- 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 the 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 (See more information about sleep on the back of this newsletter)



Hot Chocolate Club

Hot Chocolate Club will continue every Friday in 2020. Students will be chosen by their teachers for doing great learning. Together, in an informal setting, we share each child's class work and enjoy morning tea together.



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

Rathdowne 1 learning area 1/2 - Ameera

Rathdowne 2 learning area 3/4 - Aiderus & Sumaya

Princes 2 learning area 5/6 Salma & Turbayar

Health Action Plans

Your child's health and safety is a priority. If your child has an allergy, anaphylaxis, asthma or any other medical condition please inform the office and your child's classroom teacher straight away. Your doctor should help fill out a **Health Action Plan** and a copy needs to be given to the school to be kept on file.

Extreme weather days

When the days are hot, please send children to school in clothes that will help them stay cool. Short sleeves are great in our warm classrooms. Over heated children have difficulty focussing and learning.

In the event of extreme weather ie. heavy rain, high temperatures, strong winds or smoke haze, an extreme weather announcement is made and students stay inside over break times. While being supervised by staff, children will enjoy quiet indoor activities such as board games, cards, or age appropriate movies.



School Uniforms

A reminder that Carlton Primary 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. For ease of identification, please ensure that your child's name is written on school tops and hats. Thanks for your support with this.

All lost property is taken to the foyer outside the office on level one. Please look here for any missing hats, lunch boxes, items of clothing etc.

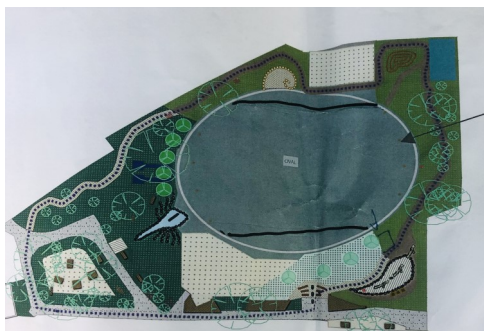


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What's happening with the playground landscaping works?

Our new playground is well on the way to completion and even a little bit ahead of schedule. The rain this week will have helped to fill the two water tanks which will feed the sandpit water pump. Over the next few days we will see the artificial turf being laid and that will give us all a real sense of what the finished area will look like.



Supporting good sleeping habits

At class information meetings last week, the discussion about recommended sleep times for children raised a lot of interest and comment. Research tells us that children who do not get enough sleep simply can't 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
- No devices in the bedroom. 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

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

Another topic that many parents were interested to discuss at information sessions over recent weeks has been homework.

It is not necessary for schools to assign large amounts of homework; however it is important that homework provides students with opportunities to practice skills, review content and deepen understanding of concepts learned. Homework can also help older students to develop self-regulation processes, such as time management and study skills. The information below is taken from the Department of Education's website.

Homework should be:

- appropriate to the student's skill level and age
- purposeful, meaningful and relevant to the curriculum
- interesting, challenging and when appropriate open ended
- assessed by teachers with feedback and support provided
- balanced with a range of recreational, family and cultural activities

Parents can support their children by:

- Developing a positive and productive approach to homework
- Ensuring that there is a balance between homework and recreational activities
- Reading and talking to children and involving them in everyday household activities
- Attending school events and parent/teacher interviews
- Discussing homework tasks with their children—this can be either in English or an alternative home language

Regards

Julie Large
Principal