Dear Parents,

During the last week of term you will receive your child’s mid-year report. In the past these have been accompanied by a parent teacher interview at this time of the year. This year, formal parent teacher interviews will be scheduled in term 3. The reason for this is that by moving the interview time frame, it will provide three opportunities across the year for you to obtain information about your child’s progress—a written report in term 2, an interview in term 3 and a written report again in term 4.

If, however, you wish to speak with your child’s teacher about any concerns you have coming from the written report, please just ring and make an appointment. Please remember, also, that you are invited and encouraged to do this at any time, as we work in partnership to provide the best educational outcomes for your child.

As part of our ongoing efforts to improve student learning outcomes, our school has joined with St Vincent De Paul School and Sacred Heart School from Morwell and St. Michael’s School from Heyfield to form a collective. Through our combined efforts, we will seek to drive Numeracy improvement by developing our understanding of the progression of learning in numeracy across Prep to Year 6. A strong emphasis for us this year will be familiarising staff with the Victorian Curriculum which is mandated for implementation in 2017.

We will endeavour to convert our strategic planning into action research projects in our schools, with a focus on building teacher capacity and maximising student learning potential. Sharing the journey with the other school communities is an exciting opportunity for us and we look forward to sharing our ‘collective’ story with you over the next 18 months.

Maybe some of you have noticed our beautiful pieces of artwork around the values of gratitude, resilience and forgiveness. They can be viewed on the wall outside the Prep room. It would be remiss of me not to show gratitude to Jane Mitchell for sharing her creativity, talent and time in producing these artworks for our school. Thanks Jane.

Best wishes

Roslyn Joyner

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Prayer

Last Sunday, all people were invited to celebrate World Environment Day for 2016. Pope Francis has recently written a Prayer for our Earth, in which he prays that all people will care for and protect our common home. Let us listen to our Holy Father’s prayer.

All-powerful God,
you are present in the whole universe and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love, that we may protect life and beauty.
Fill us with peace that we may live as brothers and sisters, harming no one.
O God of the poor,
help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.
Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.
Touch the hearts of those who look only for gain at the expense of the poor and the earth.
Teach us to discover the worth of each thing, to be filled with awe and contemplation,
to recognise that we are profoundly united with every creature as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle for justice, love and peace.
Amen.
### TERM 2 & 3 DATES TO REMEMBER

<table>
<thead>
<tr>
<th>JUNE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Monday 13th</td>
<td>Queen’s Birthday—Public Holiday</td>
</tr>
<tr>
<td>Tuesday 14th</td>
<td>Parents and Friends Meeting 7pm</td>
</tr>
<tr>
<td>2017 Prep Interviews for Existing Families commence. Conclude Friday 24th June</td>
<td></td>
</tr>
<tr>
<td>Wednesday 15th</td>
<td>District Winter Sports</td>
</tr>
<tr>
<td>Thursday 16th</td>
<td>Regional Cross Country</td>
</tr>
<tr>
<td>Friday 17th</td>
<td>Special Food Day</td>
</tr>
<tr>
<td>Saturday 18th</td>
<td>CENTENARY MASS WEEKEND</td>
</tr>
<tr>
<td>Tuesday 21st</td>
<td>Division Winter Sports</td>
</tr>
<tr>
<td>Friday 24th</td>
<td>Last day of Term 2 at 12.30pm</td>
</tr>
<tr>
<td>JULY</td>
<td></td>
</tr>
<tr>
<td>Monday 11th</td>
<td>Student Free Day for School Renewal</td>
</tr>
<tr>
<td>Tuesday 12th</td>
<td>School resumes for term 3</td>
</tr>
<tr>
<td>Thursday 14th</td>
<td>State Cross Country</td>
</tr>
<tr>
<td>Wednesday 20th</td>
<td>Regional Winter Sports</td>
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<tr>
<td></td>
<td>Confirmation Parent Meeting</td>
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<tr>
<td>Saturday 23rd</td>
<td>Commitment Masses</td>
</tr>
<tr>
<td>Monday 25th</td>
<td>Student Free Day—Professional Learning Day</td>
</tr>
<tr>
<td>AUGUST</td>
<td></td>
</tr>
<tr>
<td>Monday 1st</td>
<td>Year Prep—2 Swimming Program begins</td>
</tr>
<tr>
<td>2017 Prep Interviews for New Families commence. Conclude Friday 5th August</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3rd</td>
<td>Confirmation Workshop 1</td>
</tr>
<tr>
<td>Friday 5th</td>
<td>District Summer Sports</td>
</tr>
<tr>
<td>Saturday 6th</td>
<td>Confirmation Letter Masses</td>
</tr>
<tr>
<td>Tueday 9th</td>
<td>Confirmation Retreat</td>
</tr>
<tr>
<td>Friday 12th</td>
<td>Year Prep—2 Swimming Program concludes</td>
</tr>
<tr>
<td>Saturday 13th</td>
<td>Confirmation Pin Masses</td>
</tr>
<tr>
<td>Monday 15th</td>
<td>Jump Rope for Heart</td>
</tr>
<tr>
<td>Wednesday 17th</td>
<td>Confirmation Workshop 2</td>
</tr>
<tr>
<td>Saturday 20th</td>
<td>Confirmation Masses</td>
</tr>
<tr>
<td>Monday 22nd</td>
<td>Book Week</td>
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<tr>
<td>SEPTEMBER</td>
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<tr>
<td>Thursday 1st</td>
<td>Division Summer Sports</td>
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<tr>
<td>Friday 2nd</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>Tuesday 6th</td>
<td>Division Athletics</td>
</tr>
<tr>
<td>Friday 9th</td>
<td>Special Food Day</td>
</tr>
<tr>
<td>Friday 16th</td>
<td>Term 3 concludes 12.30pm</td>
</tr>
</tbody>
</table>

This fortnight our focus in our Values Education Program is **self-discipline**.

**What is self discipline?**
Self discipline is the ability to get yourself to take action regardless of your emotional state. It is all about self control. Sometimes it is very difficult to control our thoughts and feelings, but it is important for us to take control because then we can better manage our behaviour.

**How to practise it:**
You practise self discipline by observing your feelings and behaviour and choosing how you are going to behave. You can build self discipline by tackling challenges that you can successfully accomplish but which are near your limit.

**Why practise self discipline?**
Self discipline is important in any endeavour in life. When you practise self discipline, you are controlling your own behaviour. You are able to plan effectively ahead and take responsibility for your actions. Learning self discipline in the little things of life prepares the way for big successes.

**Signs of success?**
Getting yourself organised.
Being on time.
Keeping your word.
Finishing what you start.
Accepting corrections.

Our Values Education Program is an important component of our learning at St Gabriels. It supports our work to develop the life long skills of each of our children and reflects the Gospel Values we teach and model in our school community each day.
Mass Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Grade Mass</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/6</td>
<td>1/2F and P</td>
</tr>
<tr>
<td>23/6</td>
<td>5/6 HA, S, H</td>
</tr>
</tbody>
</table>

AN INVITATION TO OUR SCHOOL MASSES

Each week a Mass is celebrated in St. Gabriel’s school Chapel which is prepared and attended by two to three classes of children. Sometimes the “Mass of the Day” is used and sometimes a theme being discussed in the classroom is celebrated. Parents and parishioners are always welcome and encouraged to attend these school Masses and celebrate with the children. It would be wonderful for your children to see that you value and enjoy this aspect of their Catholic education. Masses will be held at 9.30am in the chapel located off the main foyer at St. Gabriel’s.

YEAR 5/6 MASS

As previously advertised, Year 5/6 Mass on June 23rd at St. Michael’s Church has been changed. The Mass will now be for Year 5/6HA, 5/6S and 5/6H and will be held in the St. Gabriel’s Multi-purpose Room commencing 9.30am.

St. Michael’s Parish Mum’s & Dad’s Group

A great place to meet other mums and have some fun with the kids. Come and enjoy fellowship, friendship and food! We meet every Wednesday during school terms at St. Michael’s, Mary Mackillop Hall.

Time 10am – 12noon.
Any inquiries to Jen Hanratty 51761178 or Lou Varsaci 0414540296
All welcome!

ST MICHAEL’S PARISH TRARALGON 1916-2016

Sunday June 19—9.30am Mass celebrating Catholic Education in our Parish, followed by morning tea in the hall afterwards.
# CLASS AWARDS

Congratulations to the following students on achieving a Class Awards in Week 7 & 8 Term 2

<table>
<thead>
<tr>
<th>Class</th>
<th>Student A</th>
<th>Student B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep A</td>
<td>Harry Ayres</td>
<td>Stevie Bedford</td>
</tr>
<tr>
<td>Prep C</td>
<td>Charlie Kanavan</td>
<td>Scarlett Winters</td>
</tr>
<tr>
<td>Prep HE</td>
<td>Nate Stockdale</td>
<td></td>
</tr>
<tr>
<td>Prep S</td>
<td>Cooper Anderson</td>
<td>Mylah May</td>
</tr>
<tr>
<td>1/2F</td>
<td>Zaidee McDermott</td>
<td>Riley Schroeter</td>
</tr>
<tr>
<td>1/2J</td>
<td>Melvey Podmore</td>
<td>Kade Thorley</td>
</tr>
<tr>
<td>1/2P</td>
<td>Ruby Leyshan</td>
<td>Lilykate Lund</td>
</tr>
<tr>
<td>1/2Q</td>
<td>Hayley Aarons</td>
<td>Lillian Van Der Velden</td>
</tr>
<tr>
<td>1/2W</td>
<td>Matilda Hamden</td>
<td>Joie Evans</td>
</tr>
<tr>
<td>3/4B</td>
<td>Coral Poole</td>
<td>Lara Healy</td>
</tr>
<tr>
<td>3/4D</td>
<td>Levi Colantuono</td>
<td>Troy Frost</td>
</tr>
<tr>
<td>3/4G</td>
<td>Kayla Dukes</td>
<td>Ebony Heafield</td>
</tr>
<tr>
<td>3/4I</td>
<td>Kate Furmston</td>
<td>Mia Downing</td>
</tr>
<tr>
<td>3/4M</td>
<td>Sophie Maugher</td>
<td>Lucy Riddle</td>
</tr>
<tr>
<td>5/6A</td>
<td>Lucy Chilver</td>
<td>Daisy-Blue Ferguson</td>
</tr>
<tr>
<td>5/6H</td>
<td>Angela Crawford</td>
<td>Indiana Thomas</td>
</tr>
<tr>
<td>5/6HA</td>
<td>Tom Riddle</td>
<td>Alicia Connolly</td>
</tr>
<tr>
<td>5/6P</td>
<td>Bianna Wilson</td>
<td>Ruby Adams</td>
</tr>
<tr>
<td>5/6R</td>
<td>Molly Cargill</td>
<td>Lara Healey</td>
</tr>
<tr>
<td>5/6S</td>
<td>Bella Carney</td>
<td>Ruby Tosch</td>
</tr>
</tbody>
</table>

As a way of promoting our work in CASSE, each week we draw a raffle at assembly. The CASSE award recognises the efforts by a student to help build a caring, safe and supportive school environment. Well done to Tyler Little 5/6H & Ashton Pavlic 3/4D

As a way of keeping the NED message of:  
**NEVER GIVE UP** (focus, persistence)  
**ENCOURAGE OTHERS** (kindness, shared learning)  
**DO YOUR BEST** (diligence, excellence)  
alive in everything we do and say here at school, we have a weekly raffle. Congratulations to Jarvis Kee 1/2W & Georgia Kattos 5/6H

Congratulations to the following children, **Quinn McDermott 3/4D** and **Georgia Noon 5/6A** who recently received the Values Awards for **Understanding**.

Congratulations to **Dempsey Podmore Prep C** and **Ruby Price 3/4I** who were presented with Aussies of the Month for May.
Piano Keyboard Guitar Tuition
If your child would like to have Piano, Keyboard or Guitar lesson in 2016, lesson available during school time. Please contact Peter Winter on 5174 8237 or Mobile 0407 563 645 for further details.

Our deepest sympathy to the Weston family (Alana 3/4G, Cadel 1/2J and Ciara 5/6H) on the passing of their Mother and Grandmother. Our thoughts and prayers are with you during this sad time.

Congratulations to the Inchincoli family (Sienna PS) on the birth of a baby boy Xavier. Both Mother and baby doing well.

St Gabriel's School Concert
St Gabriel's School Concert is to be held in Term 3 on the 7th and 8th of September. More information will be released next term as preparations begin. Please keep these dates free! It's promising to be a great event!!

Italian Week
Next week, St Gabriel's is celebrating our Italian language and culture program with various activities throughout the week. Italian day on Friday the 17th June, will be an exciting and colourful day. The morning will begin with a dress up parade of all things ITALIAN. Students may dress up as an Italian character or in the Italian colours of green, white and red. The Comica Variety Productions will then be performing for the children. Their show called 'I Due Carabinieri (The Two Policemen) will entertain with Italian language, music and, lots of fun is guaranteed. To complete the day, delicious Italian gelato will be enjoyed by the children and the teachers! (of course!) Parents, Nonni (grandparents) and friends are very welcome. Saluti! (cheers) Signora Angela Edey

Special Food Orders
Special Food Orders are due today Thursday 9th June. No late orders can be taken due to ordering process. If parents are available to help out on Friday 17th June to distribute the lunches please notify the office.
In our Year 5/6 department, iPads are used as a tool to support and empower learning and thinking. Our students are learning skills that will equip them to be responsible, competent and safe digital citizens.

At the beginning of the year the 5/6 students and parent signed an acceptable user agreement about the use of ICT in our school. As we approach mid-year, the time is right for some friendly reminders about the use of iPads.

* Students need to remember that the iPads are their responsibility and that they come to school charged and ready for use. iPad chargers are not permitted to be used as school.
* iPads can only be used during learning times at school as directed by the teacher – switch off time occurs before school, during breaks and as students are leaving the school grounds at the end of the day.
* iPads are used for educational purposes only.
* Social media or messenger apps and sites are not permitted to be accessed on iPads.
* Photos and videos of other students are not permitted.

The 5/6 staff appreciate the ongoing support of parents during the implementation of our iPad program.

WE ARE ON TWITTER

Request to follow your child’s classroom or department. Simply follow one of the handles below and see what exciting learning is happening in the classroom.

<table>
<thead>
<tr>
<th>Prep Department</th>
<th>St.GabrielsPrep</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2QW</td>
<td>St.Gabriels1/2QW</td>
</tr>
<tr>
<td>1/2FP</td>
<td>St.Gabriels1/2FP</td>
</tr>
<tr>
<td>1/2JR</td>
<td>St.Gabriels1/2JR</td>
</tr>
<tr>
<td>Year 3/4 Department</td>
<td>St.Gabriels3/4</td>
</tr>
<tr>
<td>5/6AR</td>
<td>St.Gabriels5/6AR</td>
</tr>
<tr>
<td>5/6HAS</td>
<td>St.Gabriels5/6HAS</td>
</tr>
<tr>
<td>5/6HP</td>
<td>St.Gabriels5/6HP</td>
</tr>
</tbody>
</table>
The Safety and Environmental team had their first meeting and worked on what it means to be part of a team and leadership skills. Being part of the Safety and Environmental Team means looking after both our school environment and keeping safe all who are part of the St Gabriel's community. During Friday's assembly the Safety and Environmental Team were introduced to the school community. Tom and Ruby spoke to the school community about being part of the Safety and Environmental Team and encouraged everyone to do their part in playing safely while on the yard and when moving around the school.

THE VEGGIE PATCH

Last Friday the team started removing last seasons vegetables. We have planted Brussel sprouts and cabbage in one of the vegetable beds; over the next couple of weeks we will continue to plant out more vegetables for the coming winter season with the help of Michelle Giblett (Sienna, Xavier and Mia's mum). The Safety and Environmental team would appreciate help from other parents if they are available just see Mrs MacDougall, we are really in need of someone who knows how to prune fruit trees.

TERRACYCLE

This program accepts any brand of oral care waste. The Australian Dental Association recommends changing your toothbrush every three to four months. So if you’ve been using the same one since February, it’s time buy a new one...and send us your old one! Remember, each piece of waste you send in will be recycled into unique and reusable plastic products. And what’s even better, for each piece of oral care waste your school collects, TerraCycle will reward you with $0.02 to donate to your not-for-profit or school of choice!

RECYCLING

The Safety and Environmental Team have sent away another bag of used toner and ink cartridges for recycling and a box of used oral care products. They would like to remind parents that both these programs are still running and the more oral care products we collect the more money we can raise, while recycling of toner and ink cartridges means less in landfill and these products leeching into our water ways.

SAVE ON ENERGY

Next term the Safety and Environmental Team will continue to encourage staff and teachers to reduce the amount of energy being used by monitoring the thermostat in their classrooms making sure that it is at the recommended temperature of 22 degrees and that doors remain closed when heating is on. They will also monitor water usage by making sure taps are turned off in toilet areas and that taps are not dripping in classrooms. The team will also conduct a safety audit of the school grounds so that they can develop a strategy to reduce the number of injuries during recess times.

WORM FARM

Kira from 1/2Q has been very busy establishing a worm farm as part of her project this term and the vegie patches are reaping the benefits. Kira has an amazing amount of knowledge about worms and their environment and has been sharing this with her fellow class members.
**WORLD ENVIRONMENT DAY**

World Environmental Day was on Sunday the 5th of June this year and teachers were encouraged to talk to their grades about what sorts of things they could do to help make the environment a better place both at school and at home. **World Environment Day** (WED) is observed to raise global awareness to take positive environmental action to protect nature and the planet Earth. It is run by the United Nations Environment Program (UNEP). "World Environment Day (WED) is the United Nations’ most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries."  

**As a family what can you do?** Take a photo and send it to school to go on the Safety and Environmental Team notice board. Photos such as recycling or planting trees vegies, turning off lights, taps etc.

‘Let us be fantastic stewards of our world.’

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**DAVID MILLER AUTHOR VISIT AT ST GABRIEL’S**

On Wednesday 1st June, David Miller, who is a leading Australian children’s book author and illustrator, spent the day at our school with year 3 to 6 children. David makes unique 3D paper sculptures which he photographs and then uses in his picture story books. David brought some of his sculptures to our school and the children thought they were amazing. David is passionate about encouraging children to be creative and showing them that it is possible to have a career in the arts. The children were mesmerised by David’s sculptures and at times broke out into spontaneous applause which was wonderful and showed how much they were enjoying the presentation! Some children made sculptures during the session and realised how much effort and time was needed to produce 3D sculptures. Please feel free to visit the library and have a look at David Miller’s wonderful books.
**Children’s Science Workshops**

27 June – 1 July 2016

Attention young scientists! Get ready for another fun-filled week of hands-on holiday science for curious kids from Kindergarten to Year 8.

The PrimeSci Winter School Holiday Science Workshops will be held at KIOSC Discovery Centre (Building WK), Swinburne University of Technology, Wantirna Campus, 369 Stud Road, Wantirna 3152. Free parking available on site.

**EGGstinations**

Discover what happens when scientists and eggs are mixed together. You will never look at a carton of eggs the same way again! No egg allergy children please.

Prep – Grade 4

$20 per hour

**Energy**

Explore everything about energy from the foods we eat to generating electricity from different energy sources. A really great physics workshop!

Grade 3 – Grade 6

$20 per hour

**Pizza Making (Foosta)**

Make your own dough and a delicious colourful pizza. Please advise of food allergies/intolerances when booking (we cater for most dietary requirements).

Kindergarten – Grade 6

$25 per hour

**Feathers, Fur & Scales (Reptile Encountr)**

Learn the difference between feathered, furry and scaly creatures in this hands-on display of live animals.

Kindergarten – Grade 6

$20 per hour

**Physical & Chemical Change**

Measure, stir and bubble to explore the differences between physical and chemical change in a lab full of chemistry experiments.

Grade 2 – Grade 6

$20 per hour

**Sun Moon Stars**

An introduction to space for little astronomers. Learn about the Earth, Moon, Sun and other stars.

Kindergarten – Grade 2

$20 per hour

**Vitamin C**

Measure the Vitamin C found in a variety of fruits in this experiment/food workshop. Where will you find the most? How does it help our bodies?

Grade 3 – Year 7

$20 per hour

**Dry Ice (with added ice cream)**

Learn more about states of matter using fun experiments with dry ice, including making our own ice cream. Please advise of dairy allergies/intolerances.

Grade 2 – Grade 6

$20 per hour

**Light & Colour**

Investigate properties of light and learn about colours as you reflect and refract your way around the lab.

Kindergarten – Grade 2

$20 per hour

**Edison Roboticos**

Meet our newest robots – the Edisons. What instructions have they been given? Can you communicate with them? Older kids will complete more advanced activities.

Grade 1 – Grade 8

$20 per hour

**Circuit Sewing Circle**

Learn the basics of electronics by creating eTextiles. Combine fashion and technology to create your very own light up cuff. Bring along an adult sewing helper to give you a hand – they can make one too (no additional cost).

Grade 3 – Year 3

$20 per hour

**Crystal Chemistry**

See beyond the beauty of crystals to understand these special solids. Learn about solubility and saturation by making crystals. Examine your crystal collection.

Grade 2 – Grade 6

$20 per hour

**Play Dough Circuits**

Measure and mix your own play dough. Can you make electricity flow through your play dough and light up your creation? An introduction to circuits.

Prep – Grade 4

$20 per hour

**Animal Kingdom**

What makes a mammal different from a bird? What do crabs and spiders have in common? Learn more about classification using our animal artefacts.

Kindergarten – Grade 2

$20 per hour

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**Book online with a credit card at www.trybooking.com/LQJZJ**

Full payment is required at time of booking. Once your booking has been confirmed online you will receive an email from Trybooking with your receipt and a ticket for each session booked. If you forget what you have booked, your Trybooking ticket has the session code (e.g. PM3) plus your child's name. Please email us if you need help.

All sessions will be held at KIOSC Discovery Centre, located at Swinburne University of Technology, Wantirna Campus, 369 Stud Road, Wantirna. Enter via Stud Rd traffic lights. Please note – children attending multiple sessions must be supervised by a parent/guardian during break times.

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<table>
<thead>
<tr>
<th>Monday 27 June</th>
<th>Tuesday 28 June</th>
<th>Wednesday 29 June</th>
<th>Thursday 30 June</th>
<th>Friday 1 July</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EGG1</strong></td>
<td><strong>EN1</strong></td>
<td><strong>PM1</strong></td>
<td><strong>FFS1</strong></td>
<td><strong>PC1</strong></td>
</tr>
<tr>
<td>Gr 2 – 4</td>
<td>Energy</td>
<td>Gr 3 – 4</td>
<td>Feathers</td>
<td>Phys Chem</td>
</tr>
<tr>
<td>9:30 – 10:30am</td>
<td>Pizza Making</td>
<td>P – Gr 2</td>
<td>Scales</td>
<td>Change</td>
</tr>
<tr>
<td><strong>EGG2</strong></td>
<td><strong>EN2</strong></td>
<td><strong>PM2</strong></td>
<td><strong>FFS2</strong></td>
<td><strong>PC2</strong></td>
</tr>
<tr>
<td>Gr 2 – 4</td>
<td>Energy</td>
<td>Gr 5 – 6</td>
<td>Feathers</td>
<td>Phys Chem</td>
</tr>
<tr>
<td>11am – 12pm</td>
<td>Pizza Making</td>
<td>Kindergarten</td>
<td>Change Gr 4 – 6</td>
<td>Gr 4 – 6</td>
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<tr>
<td><strong>EGG3</strong></td>
<td><strong>EN3</strong></td>
<td><strong>PM3</strong></td>
<td><strong>FFS3</strong></td>
<td><strong>PC3</strong></td>
</tr>
<tr>
<td>P – Gr 2</td>
<td>Energy</td>
<td>Gr 3 – 3</td>
<td>Feathers</td>
<td>Phys Chem</td>
</tr>
<tr>
<td>1 – 2pm</td>
<td>Pizza Making</td>
<td>Gr 3 – 5</td>
<td>Change Gr 2 – 4</td>
<td>Gr 2 – 4</td>
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</tbody>
</table>
Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day’s activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn’t help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night’s sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn’t helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.
... Why effective learning starts with a good night’s sleep ...

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all!

5. There are a number of apps such as flux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Jenny Brockis

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores.

www.drjennybrockis.com

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au

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**VDIS WORKSHOPS**

**Latrobe Valley Region**

Amaze (formerly Autism Victoria) is hosting a series of workshops which aim to increase the capacity of people with autism and their families to exercise choice and control in working under the new National Disability Insurance Scheme (NDIS) which comes into effect on the 1st October, 2017.

These FREE workshops will cover the following important topics:
- Peer support
- Effective communication
- Inclusive practices
- Setting goals
- Succession planning
- The NDIS
- Advocacy
- Community connections

(please note: participants must attend all workshops)

**Dates for the workshops are:**

- **Friday's**
  - 22 July
  - 12 August
  - 26 August
  - 9 September
  - 11 November

Held at Latrobe Special Developmental School, Hickox St, Traralgon.
10.30am-12.30pm
(lunch provided)
Please RSVP your attendance by 15th July to Louise Varaci; email
versaci@ausdev.com.au or phone 0414 940 296

Proudly supported by: **SEPACT** Latrobe Region Parent/Family Support group for those who have kids with Autism Spectrum Disorder (ASD)

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**LATROBE VALLEY**

**‘ALL-ABILITY’ BASKETBALL**

**TERM 3, 2016**

‘All-ability’ sports are about fun and participation for EVERYONE! The local All-ability groups are parent-run and driven, so cater directly to the needs of kids with special needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills.

We currently run various sports programs locally:
- Term 1: Tennis at Pan Hill Tennis Club, Term 2 & 3 - Footy at Westend Football Club and Term 4 - Cricket at Traralgon West Cricket Club.

NEW TO ALL ABILITIES...

All school aged children with special needs are invited to join us for

**ALL ABILITY BASKETBALL**

The sessions will run for 3 weeks during Term 3, 2016.

Sessions will be held at
St. Gabriel’s Primary School Hall, Rangeview Drive, Traralgon

**Tuesdays 19 July, 26 July, 2 August & 9 August, 2016**
from 5pm - 5.45pm.

A parent/carer must attend and be willing to participate with the child.
These sessions are FREE - siblings welcome to join in too!

For more information phone Louise Varaci on 0417 508 77 or 0414 940 296 or find us on Facebook - All-ability Sports, Latrobe Valley

Proudly supported by

**Basketball Victoria Country**

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**TGE2016 - TECHNOLOGY & GADGET EXPO 2016**

Australia's first consumer Technology & Gadget Expo (TGE), will be showcasing the best and most innovative new products on the market today and what’s to come! A two-day event for all ages, featuring eight interactive zones including: Automotive, Kids Space, Gamers Bubble, Lifesstyle, Virtual and Augmented Reality World, Home Tech and more. Take a step into the future and be entertained with activities and entertainment running throughout the two days. Come along and get a first-hand look into the mind-blowing advancements of modern technology, be inspired by incredible speakers and get the opportunity to test and purchase the latest products.

**Opening dates and times**

- **Saturday 25 June 2016**
  - 10.00am - 7.00pm
- **Sunday 26 June 2016**
  - 10.00am - 5.00am

**Prices**

- Adult - $25.00
- Child Cover 40 - $10.00
- Pensioner - $20.00
- Family pass - $85.00
- 2-day adult - $40.00
- 2-day child - $15.00
- 2-day family - $30.00

**More information**

**Contact**

For more information, please contact the event organizer on 1300 266 688

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This event will be held at the Melbourne Convention and Exhibition Centre
Year 5/6 Asian Showcase
Travel Agent’s Expo

Monday 20th June
Expo Open Time: 3:30pm – 6pm
Location: St. Gabriel’s School Hall

Year 5/6’s have been researching and learning about a chosen Asian country all term, and our travel expo is a chance for the students to showcase and promote their chosen country.

We hope to see you there!
2016 St Michael’s Parish Primary School’s
WINTER WONDERLAND BALL

Saturday 30th July, 7pm til late

Premiere Function Centre, Traralgon

$75 per head including a 2 hour drinks package
Open bar till late

SOLD OUT