



Thursday 3rd February 2022

TERM 1 WEEK 1

Our first issue of the MPS Newsletter is the only paper issue we will be handing out as a paper copy to every family this year.

The newsletter is also posted on Xuno, Class Dojo and the school website.

We do print a few copies of the newsletter for those families who would like a paper copy, these are available in the reception area

KEY DATES 2022

FEBRUARY

Tue 15 - Getting to know you interviews

MARCH

Wed 16 - Photo Day

DATES AND TIMES TO REMEMBER:

TERM DATES 2022

Term 1: 31 January – 8 April

Term 2: 26 April – 24 June

Term 3: 11 July – 16 September

Term 4: 3 October – 20 December

CURRICULUM DAYS 2022

Mon March 28th

Tue June 21st

Term TBD

Mon Oct 31st

PUBLIC HOLIDAYS 2022

Mon, 14 Mar 2022

Fri, 15 Apr 2022

Sun, 17 Apr 2022

Mon, 18 Apr 2022

Mon, 25 Apr 2022

Mon, 13 June 2022

Tue, 1 Nov 2022

Labour Day

Good Friday

Easter Sunday

Easter Monday

Anzac Day

Queen's Birthday

Melbourne Cup

TIMETABLE

Commence 8.58 Line-up Bell-Music, 2nd Bell 9am

Recess 11.00 - 11.30am

Lunch 1.40 - 2.30pm

School Finishes 3.30pm

From The Principal - Welcome Back

As a new school year is upon us I would like to start by welcoming everyone back to school for 2022 and in particular, I'd like to welcome our Preps and new students to the school. Whilst 2020 & 21 are now behind us, I look forward to greater opportunities to build on our wonderful community spirit when the school community can come back together as a whole. Looking back over the holiday break we have seen teachers busily working to set up their rooms and prepare the curriculum for 2022, as well as the maintenance painting of the school, the laying of the rubber running track, the replacement of carpet in 3/4M and a variety of upkeep tasks around the grounds. In amongst these things the staff and I have enjoyed time with our own families and the summer weather!

In 2022, we will continue to be focussed on each students' point of need as we commence our new 4 year strategic plan, with a clear focus on improving our literacy and numeracy curriculum delivery and as we build on the improvements made to "Student Voice and Agency" last year. In addition, we will continue to work towards refining our ongoing reporting approach that was somewhat derailed last year due to lockdowns. Just after the midpoint of this term, families will receive updates on reading and mathematics progress which will provide a clear picture of your child's understandings and areas for improvement.

This work will see our mid and end of year reports compiled as summary statements, with most of the written content sent home as it happens, rather than waiting for the end of the semester.

Over the last 5 years, staff have worked to deliver a consistent approach to our programs and we will look to build on this throughout the next 4 years, with all staff undertaking ongoing evidence based professional development in literacy, numeracy and wellbeing approaches to ensure our work reflects the most up to date research.

We will continue to build student resilience and independence through The Resilience Project and the School Wide Positive Behaviour model, although the students have already shown remarkable traits throughout 2021 and I note that student independence has benefited greatly from tasks such as walking into school on their own and organising their own lunchboxes and drink bottles.

Again in 2022 we will seek increased student and parent feedback including the rejuvenation of the PFA. Communications will predominantly flow through Xuno as the first port of call, so I encourage families to make sure they have this app, as not all items will be sent via Dojo (this is more for student learning and teacher communication). We will recommence our language program this year, students will participate in the Victorian State School Spectacular, our Art Show will hopefully return and we will again work with the Victorian School Building Authority to hopefully refurbish the courtyard toilet block. All of this is just a taste of what is to come as we look towards the new school year and start afresh for 2022.

<https://mulgraveps.vic.edu.au/wp-content/uploads/2021/06/Xuno-Parent-Portal-User-Guide-2021.pdf> - Link to Xuno User Guide on our website.



Day 1

The first day of the school year was a great success, with students from F-6 settling in exceptionally well. I would like to thank the staff for making the students feel so at ease, but also acknowledge the work that was put in last year during the new transition program. Our students have hit the ground running, which is exactly what we were hoping for!



Lunar New Year

Tuesday 1st February marked the beginning of the Lunar New Year. 2022 is the year of the Tiger. I would like to take this opportunity to wish everyone in our community who celebrates this significant event a Happy New Year!

Assembly

Assemblies will take place at 2:40pm every second Friday, commencing with a short assembly this week. We will generally record each assembly before uploading the link to Xuno for parents to view. Unfortunately due to ongoing Covid restrictions, we are unable to invite parents to our assemblies. This is due to two reasons, firstly the 15 minute maximum time a parent can be on site before signing in and secondly, staff and students combined will take us to the Covid capacity of the stadium. The first few assemblies of the year will be done via video link, in accordance with Covid protocols.

Getting to Know You Meetings – Tuesday 15th February

Notices have already gone home about our Getting to Know You meetings which will be held on Tuesday 15th February after school. Parents of all students are invited to book a time convenient to them. Bookings can be made via our Xuno online system. Due to the need for interviews to be online, we will be holding these via Zoom. A link will be sent closer to the time.

The purpose of these interviews is twofold. Parents and guardians are encouraged to attend to:

- *Meet their child's teacher to begin an effective home/school partnership.*
 - *Provide information to teachers regarding their child's strengths, talents, issues or concerns.*
- Information shared by parents to teachers will assist us to plan for and work as effectively as possible with you and your child throughout the year.

Gate Opening and Closing Times

As in previous years, students should be arriving by 8:57am (when the music starts) so that they can enter their classroom and be ready for learning at 9am.

In order for this to happen, staff on yard duty at the Maygrove Way and Gladeswood Reserve gates must lock these when the music starts at 8:57, in order to be ready to teach.

The front gate will always remain open for access to the office and as a late entry and exit point.

All students arriving after 9am must sign in at the office.

All gates will be opened at 8:45am each day, when teachers are available for yard duty.

In the afternoon, parents are welcome on site from 3:25pm. The side gates will be opened at this time and will be locked at 3:40pm. Any students remaining at school at 3:40pm will be escorted to the gazebo at the front of the school for collection. It is expected that students who are not collected by 3:45pm are registered for out of school hours care, so that they can be placed in care in the event that families cannot collect their children by 3:45pm.

Kiss and Go Parking

A reminder to families that cars cannot be left unattended if you are using the Kiss and Go drop off and pick up zone. I understand the tendency to think that a quick trip to the office won't hurt, but parents leave themselves open to fines if a parking officer is in the area. Often, the first time you will know about it is when you receive the fine in the mail, as most fines are processed from photographic evidence. This also will assist the flow of traffic and ease of pick up and drop off for all families. I would also remind parents that the parking time limit in this area is 5 minutes.

Car Parking

Parents are asked to be mindful of the parking restrictions around the school. Parking officers regularly patrol the school zone. **The staff car park is strictly for staff cars only and parents must not enter this car park between 8am and 4:30pm.** We have visiting staff entering and leaving on a regular basis, as such, **pedestrians should not use the car park when entering and leaving the school.** Please use the pathways at the front of the school, via Gladeswood Reserve and on Maygrove Way. Excellent parking is available at both the kindergarten and tennis club entries to Gladeswood Reserve. I would also ask families to be mindful of our neighbours and avoid parking across driveways, in no standing areas or on nature strips. We thank you for your support in this matter as student safety is very important to us.



Uniform Update

As parents will be aware, the school changed our uniform supplier in 2021. Uniforms are now available via PSW in Glen Waverley. All students should now be attending school in full uniform. This is either the pale blue polo shirt for years P-5 or the navy year 6 polo (hopefully not too far away). A summer dress and winter skirt are also available, along with navy shorts and tracksuit pants and the navy bomber jacket. Hats are required in terms 1 and 4 and in 2022, we also have school beanies on offer. Should your child be unable to attend in uniform, please send a note to your child's classroom teacher. The uniform policy is available via the school website.

School Council Elections

Last Monday information regarding the 2022 School Council election process was sent to families via Xuno. I would encourage any interested parent to contact me for more information. School council is an extremely vital part of the school and it is from council that we take our direction. Council approves external contracts, provides advice and consent on a range of areas and in 2022, will be pivotal in lobbying for future capital works in this election year. Please look out for this if you think you may be interested in nominating or being nominated for 2022. Information includes a timeline and summary of the role of School Council.

Curriculum Days & Student-Parent-Teacher Conferences

A reminder that the 2021 Curriculum Days are as follows:

Friday January 28th - Literacy/Numeracy/Wellbeing (Statewide Curriculum Day)

Monday March 28th - 6 Traits of Writing

Tuesday June 21st - SPT Conferences

TBA – Numeracy (Term 3)

Monday October 31st - First Aid and Reporting

Labour Day Public Holiday

Parents are reminded that there is a Labour Day holiday on Monday 14th March. There will be no school on this day.

Student-Parent-Teacher Conferences:

Tuesday June 21st 12pm – 8pm (Students are required to attend and lead their conference and will be guided and supported as appropriate).

2022 Parent Payments Reminder

Parent payments help the school to operate effectively. MPS provides a significant range of programs that cannot be delivered without the optional support of families. We would like to thank the parents that have already made these payments. <https://mulgraveps.vic.edu.au/wp-content/uploads/2021/12/2022-Parent-Payment-Arrangements.pdf>

2023 Enrolments

With the school now at its capacity, we are once again required to cap our 2023 prep numbers at a maximum of 66 students. Pressure on enrolments is only increasing, with the school unable to provide places for over 60 families in 2022. With this in mind, it would be extremely helpful if parents with siblings enrolling in 2023 could contact the office to obtain an enrolment form or download one from the web site as soon as possible. Families can either call, email or drop in to advise us of their intentions and we will place your child on our database ahead of the confirmation process in Term 3. We are requesting enrolments by **June 25th**, as this will give us time to ensure we prioritise sibling claims and new enrolments from inside our Designated Neighbourhood Area. Once we have done this, we will look to provide clarity for those enrolling from outside of our area, as per the Department's guidelines (see below).

Priority Order of Placement

In circumstances when a school may not be able to accept all applications due to existing or future capacity concerns, schools must manage enrolment applications in accordance with the following priority order of placement:

1. students for whom the school is the designated neighbourhood school
2. students with a sibling at the same permanent address who are attending the school at the same time
3. where the Regional Director has restricted the enrolment, students who reside nearest the school
4. students seeking enrolment on specific curriculum grounds all other students in order of closeness of their home to the school.

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Lunch Orders

This year, students are able to order from our lunch order menu on Monday to Friday. A new menu is in this newsletter and can be found on our website, as the operators of our trusted canteen service move their operation into the kitchen in our new stadium.

We will send out a notification via Xuno and Class Dojo, when the canteen is ready to commence for the term (hopefully from the 14th Feb).

Art Smocks

To protect clothing, all students are requested to have an Art Smock or old shirt that can be worn during art classes.

Parents and Families

If you would like to be involved we would love to hear from you. Please email Mulgrave.ps@education.vic.gov.au if you would like to be involved. A meeting will be arranged for interested parents once we have your responses. We look forward to working with you this year!

Working with Children Checks (WWC)

We encourage and value parental and community support at MPS.

There are many ways that parents, grandparents and friends can assist at our school. We encourage all parents to obtain a Working with Children's Check that will allow you to be very involved in your child's education. These checks are free for volunteers, please make sure to select Mulgrave Primary School as your nominated volunteering school.

Once you have your WWC please come to the office so we can photocopy this and we will add your name to our list of parents who have a current WWC check.

Staffing

A very warm welcome is extended to our new teachers – Miss Jessica Eden (1E), Mr. Matthew Louey (2M), Mr. Jay Khoo (3/4K), Mr. Jordan Geer (6J) and Mrs Pilar Caivano (Spanish).

Please say hello to our new staff members if you see them around the school.

Our team for 2022...

Prep: Amanda Hickleton (PH), Mrs Kat Clark (PK) and Caiti Hayes (PC)

Year 1: Jessica Eden (1E), Beth Pope (1P) and Sarah Murray (1M)

Year 2: Marika Evans (2E), Le-Buu Ly (2L), Matthew Louey (2M) and Lauri Brogden (2B)

Year 3/4: Janet Melnyk & Sally Bush (3/4M), John Stokes (3/4S), Jay Khoo (3/4K), Lenore Matthews (3/4L) and Hayley Cutting (3/4C)

Year 5: Lauren Hay & Evana Durack (5H) and Erica Newnham (5N)

Year 6: Tracy Turner (6T), Nathan Giles (6G) and Jordan Geer (6J)

STEM: Stuart McIlwraith

Spanish: Pilar Caivano

Visual Arts: Dani Pejic

Performing Arts: Sally Bush

Physical Education: Tim O'Neill

Tutoring Program (Response to Individual Needs): Franca Elliott

Education Support: Viki Ali, Marina Vujmilovic, Tien Sumarni, You Meng Hooi, Lisa Laski and Rebecca Wright

Chaplain: Ali Hardaker

Admin Officer: Christine Miller

Business Manager: Suzy Shaw

Assistant Principals: Stuart Hattwell & Nicola Weerakoon

Principal: Charles Spicer

Annual Privacy Reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy. <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

Please take time to remind yourself of the school's collection statement, found on our website [<https://mulgraveps.vic.edu.au/about-us/#plans>].

For more information about privacy, refer to: Schools' Privacy Policy — information for parents. This information is also available in nine community languages:

- Amharic
- Arabic
- Dari
- Mandarin
- Somali
- Sudanese
- Turkish
- Urdu
- Vietnamese.

Accident Insurance

The Department of Education and Training (DET) does not provide personal accident insurance for students. Parents are generally responsible for paying the cost of medical treatment for injured students, including any transport costs. The Department of Education states that reasonable low cost accident insurance policies are available from the commercial insurance sector. Similarly, DET (which includes the school) does not offer replacement of personal items which are brought to school and are lost, broken or stolen. Sentimental or expensive belongings and toys, including sports equipment and electronic devices, are normally best left at home.

Mobile phones:

Readers of the newsletter last year would be aware of the introduction of the state-wide policy on Mobile Phones in Victorian Government Schools. All students are required to turn off and hand in mobile phones to prevent usage during school hours. This also extends to smart watches where the call and messaging function can connect to the student's phone.

Devices will be placed in the a locked cabinet/cupboard at the start of the day and handed back at the end of the day.

School Council has approved our new Mobile Phone policy to ensure it is aligned to DET directives. A copy of this policy is available on our website. <https://mulgraveps.vic.edu.au/wp-content/uploads/2020/06/Mobile-Phones-Policy.pdf>

To date this new process has been very successful. We thank you for your support in this area.

Hats

A reminder that hats must be worn in terms one and four. Sunscreen and sunglasses are also highly recommended.

Heat Policy

The school operates a heat policy and we keep the children indoors in air conditioned classrooms on very hot days where the temperature exceeds 35°. We have also been asked to remind our parent community about the dangers of leaving children in cars on very hot days.



Charles Spicer

Principal

School Council Message to Families

Hi, I'm Jonathan Heyde,

I am a parent representative on School Council. I've been tasked to lead the road safety committee of our school. This was developed as concerned parents/guardians, along with school staff witnessed too many close calls – near misses and other unsafe practices on the road.

A reminder to all parents/guardians to please:

- ♦ Set the example for our children, use the school crossing.
- ♦ Ensure a helmet is worn by all bicycle users.
- ♦ Observe the school zone area speed limit ~ being **always 40kp/h.**
- ♦ Follow/obey parking sign directions. This includes kiss and go dedicated areas.
- ♦ Don't double park, or park on nature strips. Park in the dedicated parking areas around the school or in other parking areas near the school.
- ♦ Be considerate to neighboring property occupants by not hindering their access to their premises.



Monash Council law enforcement officers patrol the streets in their vehicles which captures a recording of infringing vehicles.

This evidence is used to issue a fine to the owner of the offending vehicle.

The school has no knowledge when this occurs and can't arrange a waiver for the fine. Furthermore, Victoria Police also conduct random traffic operations around the school, which targets (but not limited to), speeding, jay walking, parking, not wearing a helmet while riding, etc.

Children are very observant and follow the example that we lead – directly or indirectly. Please help set the example so that no incident occurs, as they'll likely come off second best.

Hopefully we can resume the traffic management assessment around the school with Monash Council (Covid-19 restrictions pending).

If you're interested with joining the committee, please send me a text message to 0409 708 598.

Thanks, and stay safe - Jon

**LOCATED AT MULGRAVE PRIMARY SCHOOL
GROUNDS EVERY SUNDAY**





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Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

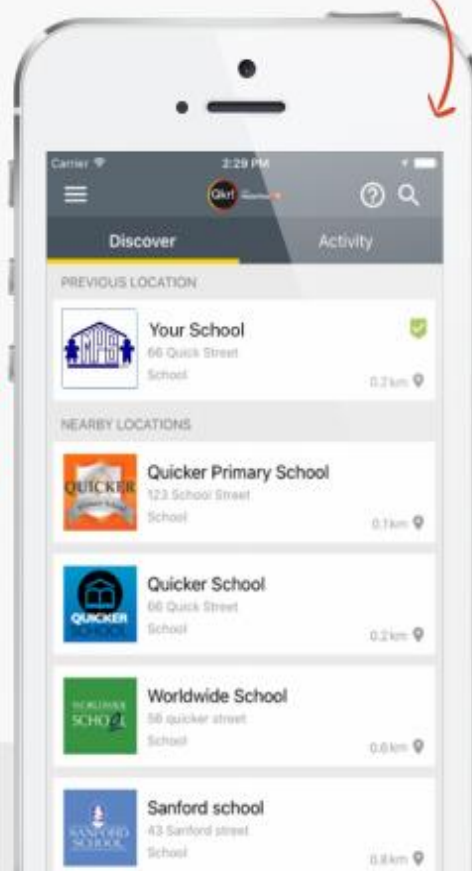
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



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FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



MULGRAVE PRIMARY SCHOOL SUMMER CANTEEN MENU - 2022

EVERYDAY FOODS - GREEN		SELECT CAREFULLY - AMBER	
SANDWICHES (WHITE/WHOLEMEAL)	PRICE	HOT FOOD (H = HALAL ACCREDITED)	PRICE
(Amber) Jam (Strawberry)	3.00	(Amber) Hot Dog w/Sauce (extra 20 cents for cheese)	4.00
(Green) Cheese	3.20		
(Green) Ham & Cheese	3.60	(Amber) (H) Sweet Chilli Chicken Tender	2.10
(Green) Ham, Cheese & Tomato	3.80		
(Green) Roast Chicken (H) with Lettuce and Mayo	4.70	(Amber) (H) Hot Roast Chicken Roll	4.50
(Green) Salad with either, Ham, Chicken or Tuna	5.00	(Amber) Chicken & Mushroom Dumplings (2 pcs) with Soy Sauce	2.60
(Green) Egg, Lettuce with Mayo	4.50	(Amber) (H) Chicken Nugget 3 per serve (with sauce)	2.60
(Green) Egg, Salad with Mayo	5.00		
(Green) Bread Roll, extra 60c	0.60	(Amber) Meat Pie (with sauce)	4.50
TOASTED SANDWICHES		(Amber) Sausage Roll (with sauce)	4.00
(Amber) Jam (Strawberry)	3.20	(Amber) Nachos - Corn Chips, Tomato Salsa and Melted Cheese	4.20
(Green) Cheese	3.50		
(Green) Cheese & Tomato	3.60	(Amber) (V) Baked Potato Wedges	2.40
(Green) Ham & Cheese	3.80	(Amber) Steamed Dim Sims with Soy Sauce	1.10
(Green) Ham, Cheese & Tomato	4.20	(Amber) (V) Pizza - Margarita	4.00
TASTY AND HEALTHY WARM FOODS		(Amber) Pizza - Hawaiian	4.20
(Green) Beef Lasagna	5.00	(Amber) (V) Pizza Sub	1.20
(Green) Macaroni Cheese	5.00	(Amber) Hash Brown	1.00
		(Amber) Party Pie	1.20
(Green) Spaghetti Bolognese	5.00	BURGERS	
(Green) Homemade Fried Rice	5.00	(Amber) (H) Chicken Burger with Lettuce & Mayo	5.00
(Green) Vegetarian Fried Rice	4.50		
(Green) Corn Cobs	1.10	(Amber) Beef Burger with Tomato, Lettuce & Cheese	5.20
DRINKS		WRAPS	
(Amber) Just Juice (Apple, Orange)	2.00	(Amber) (H) Sweet Chilli Chicken Tender Wrap with Lettuce and Mayo	4.80
(Amber) Focus Sport Water (Raspberry/Blackcurrant)	3.00	(Amber) Hawaiian Wrap with Ham, Cheese & Pine-apple	4.80
(Green) Big M (Chocolate or Strawberry)	2.50	(Amber) (H) Roast Chicken Wrap with Lettuce & Mayo	4.80
(Amber) Hot Chocolate	1.50	(Green) Ham and Salad Wrap	4.80
SNACKS		(Green) Salad Wrap	4.20
(Amber) Homemade Cookie	1.40		
(Amber) Homemade Chocolate Muffin	1.00	NOTE TO PARENTS:	
(Amber) JJ's Snacks (Chicken, Pizza, Salt & Vinegar)	1.70	PLEASE WRITE CHILD'S NAME, CLASS & ORDER ON A CLEAN PAPER BAG	
(Green) Fruit Salad with Jelly	1.00	BAGS CAN BE PROVIDED FOR 20c	
(Amber) Lite Apple Pie	2.50	PLEASE ENSURE CORRECT AMOUNT OF MONEY IS PUT INTO THE BAG AND FOLDED TO SECURE	
(Green) Boiled Egg	1.00	LUNCH ORDERS WILL NOT BE ACCEPTED AFTER 9:30 A.M.	
(Green) Salad (with Dressing)	3.60	IF THERE IS NOT ENOUGH MONEY WITH YOUR CHILD'S ORDER, ONE ITEM WILL NOT BE PROVIDED	
(Green) Rice Cake	0.50		
(Green) Rice Crackers	0.10		



Asthma Australia has developed three apps to assist people with asthma and their carers.

Find out more about why we created each app, how it can help you, and where to download it.

ASTHMA FIRST AID APP

The Asthma First Aid App is your go-to tool for an asthma emergency. It covers both first aid in the event of an asthma emergency, plus the ability to review each of the four first aid steps.

This app is an educational tool developed by [Asthma Australia](#) for people with asthma, their families and carers. It provides easy access to the asthma first aid steps in both live and training versions.

The app is perfect for family, friends, school, childcare, sport and recreation and allows you to:

- follow the asthma first aid steps live in ATTACK mode
- learn the asthma first aid steps in training review mode
- review the asthma first aid steps, using a sample of scenarios, in training scenario mode

[Download from Google Play Store](#)

[Download from Apple App Store](#)

KISS MY ASTHMA

The [Kiss My Asthma App](#) is an app for young people, developed by young people. The app was developed by the [University of Sydney](#) with funding from Asthma Australia's National Research Fund.

The app features:

- access to your Asthma Action Plan
- the ability to track your asthma symptoms, severity and attacks, making it easy to inform your doctor or specialist accurately about your asthma
- mood tracker
- setting goals and receive support from one of the app's monster assistants
- reminders to take your asthma preventer medications
- Asthma First Aid instructions and emergency contacts
- finding out more about asthma, asthma medications and devices, and managing anxiety

The Kiss My Asthma App, through the Asthma Management Program, received funding from the [Australian Government Department of Health](#).



How to sleep better: 10 tips for children and teenagers

You can help children and teenagers sleep better with bedtime routines, regular bedtimes, healthy sleep associations, comfortable sleep environments and healthy daytime habits. Try our tips.

About good sleep for children

A good night's sleep is about getting to sleep and staying asleep. Most children wake up by themselves in the morning if they're getting enough good-quality sleep.

Getting to sleep

Most children fall asleep within 20 minutes of going to bed. How long it takes children to get to sleep can depend on how sleepy their bodies are, and also on their daytime and bedtime routines. Bedtime routines help children wind down before bedtime, so they can fall asleep more easily.

Staying asleep

Children wake briefly during the night, but they might not be aware of being awake. To stay asleep, children need to be able to fall back to sleep by themselves after these brief waking episodes.



How to sleep better for children: tips

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A [bedtime routine](#) of bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to [relax before bedtime](#). Older children might like to wind down by reading a book, listening to gentle music or [practising breathing for relaxation](#). If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. [Blue light](#) from televisions, computer screens, phones and tablets suppresses [melatonin](#) levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.



It helps to:

- turn off devices at least one hour before bedtime
- keep screens out of your child's room at night
- dim the lights an hour before bed for children of preschool age and younger.
If your child uses a night-light, choose a dim, warm-coloured globe, rather than a bright, white, cool-coloured globe.

7. Avoid the clock

If your child is checking the time often, encourage your child to move the clock or watch to a spot where they can't see it from bed.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep. In the morning, a [healthy breakfast](#) helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

It's always a good idea to [praise](#) your child when you notice your child is trying to make changes to sleep patterns or is trying out a new routine.

When worries affect your child's sleep

If there are [worries and anxieties](#) that are stopping your child from relaxing at bedtime, there are a couple of things you can do.

If there's a quick and easy answer to your child's problem, you can deal with it straight away. For example, 'Yes, you can have Emma over to play on the weekend even though Grandma is staying with us'.

But if the problem needs more time, it's probably best to acknowledge your child's feelings and gently plan to sort things out in the morning. For example, 'I understand that you're worried about whether you can swim 50 metres at the swimming carnival next week. Let's talk about it in the morning and work out what to do'.

[Problems with sleep](#) can affect your child's mood, schoolwork or relationships. You should seek help from your [GP](#) if sleep problems go on for more than 2-4 weeks.

Languages other than English

[Arabic](#) (PDF: 123kb)

[Dari](#) (PDF: 116kb)

[Karen](#) (PDF: 80kb)

[Persian](#) (PDF: 110kb)

[Simplified Chinese](#) (PDF: 122kb)

[Vietnamese](#) (PDF: 112kb)

Newsletter

WELCOME BACK!

Your OSHC.

A message from your Coordinator

Dear families,

A very warm welcome back to all our OSHC children and families! I believe the summer holidays were relaxing and rejuvenating for you all, and it seems like this year will be much more steadier!

I would like to share some of the highlights of our musical summer Rocketeers IV holiday program. The program was full of educational incursions and excursions adventures. The musical theme rocked everybody during our pop lock rock and roll incursion. Other experiences like VIP show and creating musical tracks were favourites of all. Excursion to the skating world, laser battling, bowling, and watching Addams family 2 movie at Century city was one of the best adventures we ever had. The Splashtastic water play experience was refreshing on a hot summer day. We also designed personalised summer towels and Sunnies for our beach experience. At the Slumber party, we made rainbow cushions and wooden bug massagers to relax. At last, we learnt about stars during our Stargazer incursion and made cool constellation lightboxes.

The Rocketeers also allow children to engage with neighbouring schools to form friendships and build relationships with the broader community. If you haven't experienced our program yet, please join us for the upcoming Autumn Rocketeers for full of fun adventures.

This week children are engaged in creating their own bag tags, clay Aussie animals, cooking fruit muffins, exploring balloon water fountain science and many physical experiences. This term we have planned several educational experiences for children to learn and have fun! Next week we are celebrating Chinese New Year with interesting experiences.

Meena

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Activities coming up

Chinese Dragon art
Chopstick challenge
Fortune Cookie Origami

What's on the menu

Stir-Fry Noodles
Rice paper rolls
Spaghetti toasties

Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

Your OSHC.

www.campaustalia.com.au



ADVERTISING



Wonnies would like to welcome all families back to a new year of music lessons.

We are looking forward to working with new and current families in 2021.

To all our new friends, we are glad that you have made the decision to come learn with us.

All our lessons will commence back on Monday 1 February 2021.

Term 1 will be a 9 week term for all current students.

ENROLMENTS ARE NOW BEING TAKEN FOR TERM 1.

Music lessons that are taught at school are to provide children an opportunity to learn in an environment that they are familiar with. Our primary objective with teaching at schools is to build the best music program (with the support of the music co-ordinator), for the school and to encourage as many children to learn one of the [many instruments that we offer](#).

Parents no longer have to drive their children to lessons after school and with our program, there are plenty of opportunities to perform and to join our school bands. We work together with the school to ensure that children are not taken from their 'specialist' or 'core learning' subjects to attend lessons.

Individual or Group Lessons are available at all schools.

Children are collected from their class during school hours, at recess or lunch. Our teachers make sure their students are not missing the same class each week.

ALL OUR TEACHERS HAVE A WORKING WITH CHILDREN CHECK.

Please click on this link to contact Wonnies:

<https://www.wonnies.com.au/contact>

ADVERTISING

JUNIOR SELF DEFENCE & FITNESS CLASSES



MULGRAVE PRIMARY SCHOOL

Tuesdays

Ages 6 -10 5.30pm – 6.30pm

Ages 10 – 16 6.30pm - 7.30pm

Boys and Girls

Contact Cliff Wilson to register:

M: 0418 150 405

E: cliffwilson@caydam.com

W: caydam.com



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Contact Michelle on: 0438 599 890
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Help look after our kids' safety on the roads!

If your family and friends say you're reliable, have a friendly personality and great communication skills, our students need you! You'll be much loved as an important figure in the local community.

This is your opportunity to give back to the community, look after children in a unique way and earn money on the side too!

- Contract positions with **attractive hourly rates** available
- Flexibility on morning and afternoon shifts & areas
- Working With Children's Check required
- Local communities include Stonnington, Monash and Boroondara council



APPLY TODAY

Contact Cheryl on
8561 8833 for more
information

