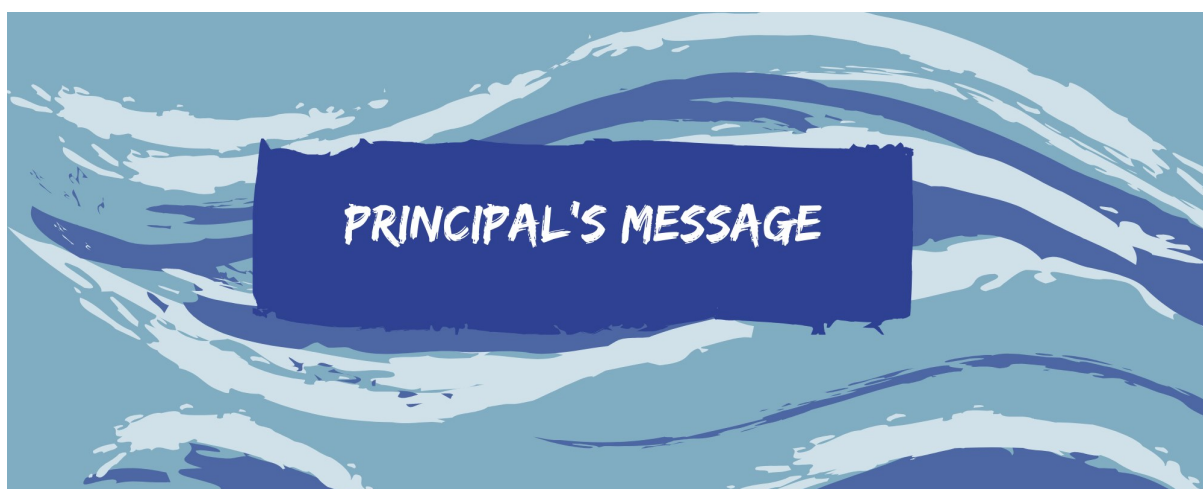




Monday 27 July, 2020

Dear Parents and Carers,



WELCOME TO WEEK 2 OF TERM 3

WELCOME BACK!

I trust all families have had a relaxing winter's break. An especially warm welcome is extended to the new students (and their families) commencing at Parramatta West this term. Please remember that the Department of Education continues to request that we minimise the number of non-essential adults on the school site. If you do need to come to the school during school hours, please enter via the Auburn Street pedestrian entry and proceed directly to the school office. You will be requested to complete the contact tracing paperwork at this time.

We will continue with our extended pick up hours to assist parents in being able to maintain social distancing outside the school gates. Gates will open at 2.45pm and students will be supervised at these gates until 3.05pm. Students will not be dismissed unless you are there to meet them. Please assist us all by staggering your pick up times between 2.45pm and 3.05pm rather than all waiting at 2.45pm as this does not allow for good social distancing. Your continued support and understanding in this matter is greatly appreciated. We also request that parents refrain from

sending birthday cakes, treats and party bags to school. We must remain vigilant with the handling and sharing of food and we thank you for your understanding.

REPORTING TO PARENTS

Parents are reminded that as previously advertised student semester one reports will be coming home today. Please remember that parents are welcomed to schedule meetings with classroom teachers at any time throughout the year to discuss their child's progress. Please make contact with the school office to schedule a mutually convenient time to discuss your child.

SELECTIVE HIGH SCHOOL

Congratulations to all students who sat the Selective High School placement test back in March. All candidates have been notified of the testing outcomes and we are very fortunate to have five of our students be offered a place in a selective High School in 2021. Another three students are on the reserve list and may still be offered a place.

RIDING TO SCHOOL

Whilst it is great to see a large number of students riding and scooting to school, it is timely to remind parents and students that under NSW law, all riders should be wearing a helmet. I would also ask that parents take some time to talk with your child about safety at road crossing, and the safety benefits of dismounting to cross roads. Whilst children in NSW are permitted to use the footpath to ride, it is important that we take the time to discuss how to safely pass pedestrians. This is particularly important as many scooters do not have a bell to warn those ahead of your approach. It is important that we ensure all users on our footpaths are safe and treated respectfully. Your support in reinforcing this message is greatly appreciated by all.

IS YOUR CHILD GETTING ENOUGH SLEEP? HOW MUCH SLEEP IS ENOUGH?

We all know that getting a good night's sleep is important in ensuring we are working at full capacity! As we continue to navigate the challenges of COVID-19, it would seem that some of our good practices have been forgotten, with many children reporting that they are staying up late at night. We know that 2020 has been a very unusual year for families but it would seem that some of our students may have gotten out of important routines like going to bed at a reasonable hour and getting to school on time. Getting enough sleep is particularly important for our students, as insufficient sleep can have a negative impact on their learning.

A recent article by Michelle Grose highlighted the following:

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.

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.

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 learnt 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.

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.
2. A 45 minute wind-down time before bed. This includes removing TV and other stimuli, calming the child down and limiting food intake. The wind down time informs the body clock that sleep 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.
5. Maximise the three sleep cures. 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 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 could adjust to move things in favour of them getting more sleep.

Teunis Ploeg

Principal



EDUCATION WEEK - AUGUST 3 - 7, 2020

The innovative teaching and learning happening at Parramatta West Public School will be on display as part of the school's Education Week 2020 celebrations. Education Week (Monday 3 August – Friday 7 August) is an annual, state-wide event that celebrates public education in NSW with an emphasis on students, educators and the communities that support them.

In Education Week 2020, the theme of **'Learning together'** is aimed at capturing the vital role the local public school plays as the cornerstone of the local community where teachers, students, parents, carers and the general

community gather to learn. Over the past year, the need to 'learn together' remotely has seen us develop resilience and manage change together as a school community.

During Education Week, we will open our doors with virtual classroom tours and look forward to inviting our families to enter a photography competition around the theme 'Learning Together.'

More information will be provided to parents as we approach Education Week for 2020.



PWPS HOME LEARNING PROGRAM (HOMEWORK)

At Parramatta West Public School, we are excited to introduce a new K-6 Home Learning Program (homework). As part of a comprehensive and balanced curriculum, homework is one way of supporting and fostering life-long learning and connecting families with the learning of their children.

Students and parents will be introduced to a Home Learning template that is consistent in design and layout across grades K-6. The range of activities builds gradually, according to the stages of learning.

Students will complete the first round of the home learning program in class throughout Week 3 to enable the explicit modelling of tasks. Home Learning Programs (HLP) will begin in Week 4.

SCHOOL LEADERSHIP PHOTOS

Our new school photography company '*The School Photographers*' will take photos of our school leadership groups on Thursday 30 July. The following groups will be required to wear full school uniform on this day.

SCHOOL LEADERSHIP GROUPS – PHOTO DAY
School Leaders
House Captains
Library Monitors
Student Representative Councillors
School Ambassadors
Play Leaders

What's coming up this week for kids...



LIBRARY NEWS

Book Club catalogues have been given out to all students. Orders are due back to Mrs Sell by Tuesday the 4th August.

THE BOOK FAIR IS ON DISPLAY!

All children can preview the Book Fair this week. There are so many wonderful books on display. All students will bring home a flyer and a wish list. Books will be on sale as part of the Education Week Celebrations in Week 3.

**Book Fair
Wish List
Prepayments**

If your child brings home a Book Fair Wish List and you want to pay for these selections by credit card in advance, please:

1. Go to scholastic.com.au/payment
2. Click 'Book Fairs'
3. Enter amount and pay
4. Record receipt number on back of Wish List
5. Your child then takes this payment record back to school, chooses books at the Fair and takes receipt number to cashier as payment.

 **SCHOLASTIC** Book Fairs

Student Wish List Child's Name: _____


Teacher: _____ Class: _____

School: _____

I previewed the books at my Scholastic Book Fair. Here are some of the books that interested me:

TITLE	LOCATION	PRICE

Parents: if you are unable to attend the Book Fair, please see over for a pre-payment option. Thank you for supporting our Book Fair! Every purchase benefits our school!



You can make a secure credit card payment online. Please ensure your child presents this at the Fair to collect their books.

RECORD YOUR PAYMENT RECEIPT NUMBER BELOW

Please go to: www.scholastic.com.au/payment
 You will receive an 8-digit receipt number with your credit card payment. Please record this number below and provide details of the credit card holder.

RECEIPT NUMBER	AMOUNT PAID
	\$

First Name: _____
 Surname: _____
 School: _____
 Suburb/State: _____ Daytime Tel: _____

Please fill out details clearly in either blue or black pen. Thank you for supporting our Book Fair! Every purchase benefits our school!



CHECK OUT THE STAIRS LEADING UP TO THE LIBRARY!

On each stair leading up to the library, there are bright, colourful and inspirational quotes, from some of the most famous books and stories of all time. Quotes from authors such as Dr Suess and from classic books such as Charlotte's Web and Alice in Wonderland. The children and teachers are enjoying this new display.



PWPS COMMUNITY NEWS

Nutrition Snippet

KIDS AND CALCIUM.



Calcium is important for growing healthy bones and teeth.

Our calcium-rich custard pudding makes a delicious lunch box treat, snack or dessert.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box