



Trevallyn Primary School

TOPICS 23

10 August 2018

DEPARTMENT OF
EDUCATION
learners first

FROM THE PRINCIPAL

UPCOMING EVENTS

Monday 13 - Friday 17 August
Skip-a-Thon

Tuesday 14 August
Prep - Grade 2 Assembly
Host - 2 Alexander
2:10pm - Multi Purpose Room

Tuesday 21 August
Cup Cake Day

Grade 3 - Grade 6 Assembly
Host - 6 Stevenson/Ralph
2:10pm - Max Fry Hall

5-B and 5-P Excursion

Thursday 23 August
Book Week Parade

Friday 24 August
North Vs South Exchange

Tuesday 28 August
Prep - Grade 2 Assembly
Host - 2 Bender/O'Brien
2:10pm Multi Purpose Room

Friday 31 August
Father's Day Breakfast
7:30am - 8:45am

2018 TERM DATES

Term 3

Tuesday 24 July - Friday 28 September

Term 4

Monday 15 October - Thursday 20 December

Bike Safety

Recently a number of very concerned motorists have contacted me about very near misses with our students on bikes and scooters. These have been at the round-about near school and just below the school crossing. Can parents please reinforce bike safety? The reports of slammed brakes to avoid hitting cyclists could well have been accidents.

I have included below sleep and health information summarised from a variety of credible sources. I hope you find this useful.

Sleep and Health

Adequate sleep contributes to a student's overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration and improve academic performance. Children who do not get enough sleep have a higher risk for many health problems, including obesity, diabetes, poor mental health and injuries. They are also more likely to have attention and behaviour problems, which can contribute to poor and reduced academic performance in school.

How Much Sleep Do Students Need?

How much sleep someone needs depends on their age. The following recommendations are for children and adolescents:

Age Group	Recommended Hours of Sleep per Day
6-12 years	9-12 hours a day
13-18 years	8-10 hours a day



FROM THE PRINCIPAL CONTINUED

What Parents Can Do

- Be aware that many children do not get enough sleep on school nights and assess your family situation regularly.
- Model and encourage habits that help promote good sleep. Setting a regular bedtime and rise time, including on weekends, is recommended for everyone – children, adolescents and adults alike.
- Dim lighting. Children who are exposed to more light (such as room lighting or from electronics) in the evening are less likely to get enough sleep.
- Keep bedrooms quiet, dark and a comfortable temperature.
- Implement a media curfew. Technology use (computers, gaming, iPads or mobile phones) may also contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.
- Avoid large meals before bedtime.
- Keep children active during the day so they can fall asleep at night.

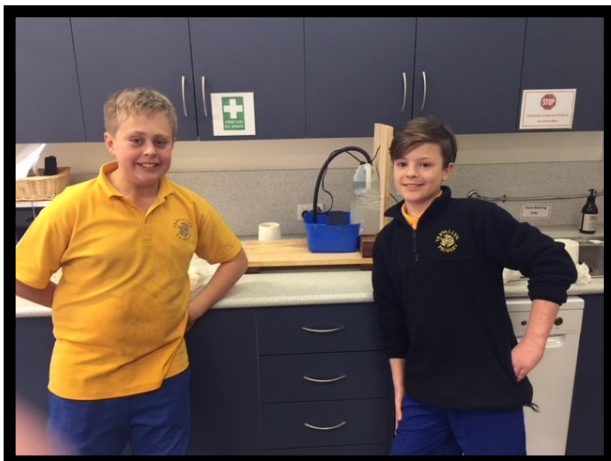
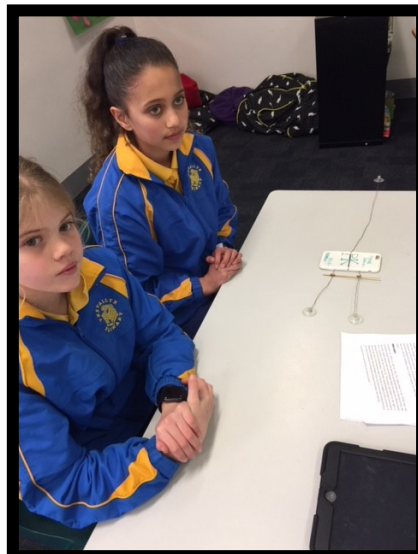
I hope The Power of Play on page 5 offers you some new ideas!

Annette



TASMANIAN SCIENCE TALENT SEARCH - TECHNOLOGY CHALLENGE

During Terms Two and Three, some students from Grade Six have been working on an Engineering Challenge as part of the Tasmanian Science Talent Search. Their challenge was to design, create and test a working invention. The invention needed to be a physical device that either solves or provides an innovative approach to a problem. Students will present their invention along with a video presentation and a written report for judging this Sunday August 12 at East Launceston Primary School. We wish them luck!



What we have been doing in 6-Price



Thinking



Creating



Participating



Communicating



Investigating



Collaborating





Staying in Education: Increased Minimum Education and Training Leaving Requirements from 2020

Tasmanian students are staying in education and training for longer, assisting them to achieve a qualification that significantly improves their life chances and choices. The progress made over the last four years is clear to see in this graph showing [Tasmanian Education Retention and Attainment](#).

The changes made by the *Education Act 2016* will help us to keep improving, with increased minimum education and training requirements to apply for students who are in Years 11 and 12 in 2020 (and students in earlier school years).

This change will apply to students who are currently in Years 9 and Year 10 in 2018 and support the growing community expectation that education does not end in Year 10 – in fact, Years 11 and 12 are two of the most important years of school. They might be a student's last years at a school but they are the first steps into their future.

Times have changed and the vast majority of today's jobs require a Year 12 or higher qualification. Employers are looking for people who are able to show they are flexible, adaptable and willing to learn new things.

What young people need to complete their education is not a 'one-size fits all' solution. The new education and training leaving requirements recognise the need to have an option for everyone. High school students should talk to their teachers about their options and what will best suit their needs. This will help them make informed choices about what will work for them.

[Your pathways: Where to from here](#) is a great place to start looking at the many options available. Education and training participation pathways may include:

- senior secondary study at a college or a school offering Years 11 and 12, or being home educated
- undertaking vocational education and training (VET), including through a registered training organisation, a Trade Training Centre or an apprenticeship or traineeship, including an Australian School-based Apprenticeship.

In certain circumstances, a young person may be eligible for an exemption, including where they have secured full-time employment (35 hours a week).

It's not always easy to stay in school – but [anything can happen](#) when you finish school.

THE POWER OF PLAY - AT HOME

Sometimes our days as parents are overflowing with the daily jobs of feeding, organising and caring for our children. But is “play” on your list of things to do every day for your child? It should be!

Why do parents need to “play”?

It’s been said that “play is the business of childhood”. When a child – even a baby – plays, they are problem solving, building motor skills and overcoming physical and mental challenges.

Playing with your child is a wonderful way to have positive interaction with them. It can also make an incredible impact on your child’s self-esteem. When you play with your children, they are learning that you accept their imagination and creativity and what they want to do is fun and important to you as well.

The only suggested rule for parents is to not direct and not rush. It can be hard to sit back and follow the lead of a child. It can mean doing the same thing over 20 times. Trust that these focused, repetitive activities are valuable in the early years for developing cognitive and communication skills.

Your goal should be to let your child make the decisions, such as picking out a book, asking you to colour a specific page, or deciding when a tower of blocks is done. Try to focus on these opportunities as a chance to learn more about your child, what they enjoy and how they see the world.

What you can do at home:

- ♦ Ask your child to pick out a board game to play as a family
- ♦ Play with action figures, dolls’ houses, Lego etc and narrate to encourage explanation and imagination
- ♦ Go outside and play whatever your child chooses – kicking a soccer ball, swinging or planting
- ♦ Invite your child to “help” you with activities, such as writing cards to family members or cooking

With older children:

- ♦ Ask your child to take the lead on planning a trip or outing for you to do together
- ♦ Have a movie night – let your child pick the movie, make popcorn together and allow time to talk
- ♦ Create a book club for two, let your child select the book and come up with questions
- ♦ Tackle a home improvement project together, but let your child choose the task

TREVALLYN PRIMARY SCHOOL SKIP-A-THON

During the week of 13 – 17 August, the SRC will be holding a Skip-a-thon in order to raise money to purchase a second drinking fountain for the school to be located in the bush area of the playground. Classes from Prep to Grade Six will participate in the Skip-a-Thon with their Buddy Class at an allocated time during this week.

In small groups, students will skip continuously for one hour moving around different stations.



Our aim is to raise
\$3,000

AND WE NEED YOU TO HELP

Please return money raised by Friday 24 August to the office.

There will be a prize for the class which returns the most money by 24 August.

GRADE 3 - 6 PRIMARY CLASS AWARDS - TUESDAY 7 AUGUST

3-D	Sophie S and Annalise F	3-R	Blayde T and Alanna W	3-4-P	Helena C and Zalia C
4-JM	Mason L and Noah H	4-R	Shona O and Emelia W	5-B	Briely M and Madison W
5-P	Charli E and Malachi B	6-P	Cade S and Finn K	6-SR	Teacher Absent

Congratulations to all these students.

KINDERGARTEN 2019



We are now taking enrolments for Kindergarten 2019. Please see the administration staff in our school office.

**Do you live in the Trevallyn area and have a child turning 4 years old this year?
Do you have a friend who has a child who turns 4 years old this year, living in the Trevallyn area?**

If you answered “Yes” to any of these questions, then they are old enough to start Kindergarten in 2019.

TREVALLYN 5/6 SPORT - FRIDAY 17 AUGUST 2018

Hockey vs Riverside @ St Leonards Hockey
with Mr Partridge

Netball vs East Tamar @ East Tamar with Mrs Bransden

Soccer vs Punchbowl @ Trevallyn with Mrs Anderson

Football vs East Tamar @ Trevallyn with Mr Ralph

Bootcamp @ Tailrace with Mrs Price

MYTERN - THOUGHT OF THE WEEK (TAKE EMOTIONAL RESPONSIBILITY NOW)

There is never any choice about what road others drive down, as it is their freedom to choose.

However, it is always our choice as to how we REACT to their choice of road.



Trevallyn Primary School

CANTEEN OPENING HOURS

Wednesday, Thursday and Friday

UNIFORM OPENING HOURS

**Monday afternoons 2:30pm – 3:30pm and
Tuesday mornings 8:30am – 9:30am**

CONTACT DETAILS

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