



Northfield Primary School

WORKING TOGETHER FOR A QUALITY EDUCATION

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Donna Beaney *Principal* Amy Papazoglov *Assistant Principal*

Jude Dunn *Wellbeing Leader* Lucy Zadoyanchuk *Assistant Principal*

Mei Manoel *Coordinator*

IMPORTANT DIARY DATES

Wednesday, 5th July

- Motor Museum Excursion - Room 5 & 7

Friday, 7th July

- Assembly - 1:40pm
- Last Day of Term - 2:10pm Early Finish

Monday, 24th July

- First Day of Term 3 - 8:50am Start

Monday, 31st July

- Pupil Free Day
- Principal's Tour - 3:30pm

Wed, 9th August - Fri, 11th August

- Year 5/6 Camp Arbury Park

Friday, 11th August

- Assembly - 2:40pm

Tuesday, 15th August

- Science Expo

Thursday, 17th August

- SAPSASA Athletics Day

Monday, 21st August - Friday 25th August

- Book Week

Principal's Message

One of our site improvement priorities is to increase students' achievement in number. Teachers have met regularly to analyse individual student data and co-design number tasks for all students. All teachers used pre and post assessments to track the effectiveness of our teaching. The outcome was amazing. Students demonstrated more than one year's growth in just 6 months in the following areas: place value and multiplication.

We are very proud of our students and the quality of teaching that is happening in all classes.

NAIDOC week is from 2nd to 9th July and this year's theme is 'For Our Elders'.

There are many local events and ways you can celebrate NAIDOC week as a family during the school holidays.

Please visit <https://www.naidoc.org.au/local-events/local-naidoc-week-events> for more information.



Our Facebook page is up and running. Please enter Northfield Primary School into the search engine and like us. We have daily updates about what is happening in our community. It's a great way to stay informed about our school.

As we approach the end of term 2, I would like to wish families a safe and happy holiday. Thank you for your ongoing connection with the Northfield community. I wish our educators a wonderful holiday spent with family and friends.

I look forward to seeing you all back in term 3. First day back at school is Monday, 24th July.

Donna Beaney
Principal

Kids Helpline

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

If you need to speak to a counsellor, call **1800 55 1800**, 24 hours a day, 7 days a week.

<https://kidshelpline.com.au>



What's so important about sleep?

Getting the right amount of sleep is important for a child's developing body and wellbeing. For a growing body, sleep is just as important as nutrition and exercise. Sleep is vital for kids' health, development and wellbeing. It helps them to stay healthy, grow, learn and do well in school. Sleep physically restores their body, improves brain function and mental health. Children of all ages need to get enough sleep so they can play, learn and concentrate during the day. Not getting enough sleep can have a big impact on your child – behaviourally, mentally and emotionally.

The impact of lack of sleep

Sleep problems are some of the most common issues faced by parents. When kids don't get enough sleep over a period of time, the following behavioural, cognitive (mental) and emotional symptoms can occur:

Sleepiness during the day, issues with study and socialising, irritability and moodiness, shorter attention span, lack of concentration and focus, increased forgetfulness, reduced academic performance, lack of interest and motivation, difficulty learning new information, difficulty regulating emotions, increased emotional problems, reduced immune system, poorer memory, increased impulsivity, higher risk of accidents, increased stress, higher levels of obesity, decline in mental health.

The challenge for kids and their parents is understanding the need for sleep and its restorative powers, and factoring into their busy lives sufficient time for good sleep.

How to support healthy sleep habits

There are many things you can do to help your kids get good quality sleep as often as possible:

- Encourage exercise or time outdoors during the day.
- Turn off devices at least 60 minutes before bed. Talk to them about their sleep to figure out what might be impacting on it. Help them make sleep a priority!
- Ensure they're getting enough sleep for their age.
- Set up a regular bedtime and waking up time – and help them stick with it!
- Develop a regular bedtime routine – taking a bath, brushing teeth, then reading or meditation.
- Create a good sleeping environment (dark, cool, quiet and screen-free)
- Avoid sugary foods and drinks a couple of hours before bed to help them rest easier.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8- 10 hours of sleep for adolescents (aged 14-17 years).



WHY SLEEP MATTERS FOR KIDS

SLEEP RECHARGES KIDS' BODIES AND BRAINS SO THEY CAN:

- Feel calm and refreshed.
- Make good choices.
- Have a healthy weight.
- Pay attention in school.



- Remember what they learned.
- Do better in sports.
- Avoid getting hurt.
- Feel good about themselves.

AFTER 1 OR 2 NIGHTS OF LESS SLEEP, YOUR CHILD MAY:

- Have more meltdowns.
- Make poor choices.
- Zone out in class.



- Forget what they learned.
- Have trouble with sports and games.
- Get into arguments.

KIDS WHO ARE SLEEP-DEPRIVED MAY:

- Feel sad, hopeless, or anxious.
- Become overweight.



- Make risky choices.
- Use cigarettes, alcohol, and drugs.

HOW MUCH IS ENOUGH?

9-12 hours for ages 6-12

8-10 hours for ages 13-18

Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks  = Over **1** year missed



1 day per week = **8** weeks  = Over **2.5** years missed



Superhero Books

On Friday, 23rd June rooms 5 and 7 students shared their published Superhero Books with the Receptions classes.

This term they have been working incredibly hard on developing their writing skills. The students have practised using, sizzling starts, series of events and an exciting ending, as well as including crafting tools to engage their readers. The photos are the product of them sharing their published books with the younger classes.



KIDS TAEKWONDO

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- Sports Voucher approved provider
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Website: www.worldtaekwondo.com.au **Sports Voucher Approved Provider**

A promotional banner for the Friday Night Lights event. It features a group of smiling children with their arms raised, set against a background of a green field and a crowd. The text 'FRIDAY NIGHT LIGHTS' is prominently displayed in large white letters on a blue and red background. Below this, the 'AFL MAX' logo is visible. The 'Blue Light SOUTH AUSTRALIA' logo, featuring a lightning bolt, is also present. The event details are listed: 'Friday July 7th', '6:00pm-9:00pm', and 'Ages 8-14'. A description reads: 'Bounce, kick, and climb your way through AFL Max at Friday Night Lights these school holidays!' and it is noted as a 'Kids only lock-in event'. At the bottom right, logos for the Government of South Australia and South Australia Police are shown.

FRIDAY NIGHT LIGHTS

AFL MAX

Blue Light
SOUTH AUSTRALIA

Friday July 7th
6:00pm-9:00pm
Ages 8-14

Bounce, kick, and climb your way through AFL Max at Friday Night Lights these school holidays!

Kids only lock-in event

Government of South Australia
SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



One on one and group Personal Training for all abilities

disability fitness

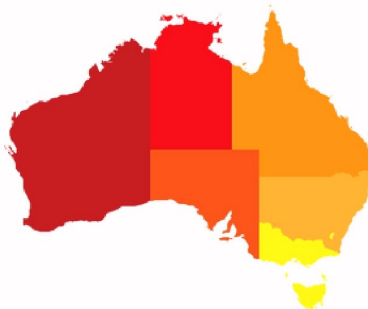
We're all about fitness, sport, and recreation for your ability.



-  Assistance With Daily Personal Activities
-  Development Of Daily Care And Life Skills
-  Household Tasks
-  Participation In Community, Social And Civic Activities
-  Group And Centre-Based Activities
-  Exercise Physiology And Personal Training
-  Innovative Community Participation



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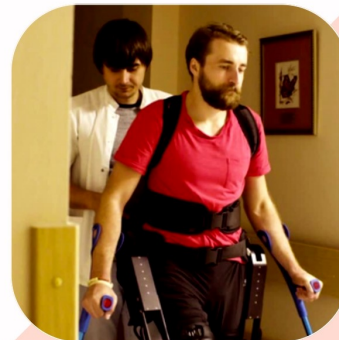
No matter what the disability, our Personal Trainers are here to help all abilities get the most out of life!

We're **NDIS registered** for core and capacity building so we can help more NDIS participants achieve their fitness, mobility, sport, weight loss, recreation, independence, and confidence goals through exercise. Our Personal Trainers work with children and adults of all ages one on one and in small groups when and where it suits you.

We've been helping all abilities through our award-winning parent company **Fitness Enhancement Personal Training** since 1999. We service over 2000 suburbs around Australia with our 100% private Studios or Mobile Personal Trainers.

Our experienced NDIS team works with allied health and NDIS providers around the country to help all of your participants achieve their goals.

We are ready to help you with your unique needs.



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