A big thank you to everyone for their support of our Applefest fundraising. Thank you for the baking, donations and any way in which you helped on the day. A special thank you to Jacq Cue and Michelle Holmes for the huge part which they both played in making all this happen. We raised about $4000. More accurate figures in next week’s newsletter. This means we can now order the bench for the kitchen. After this, we will be fundraising for vinyl tiles and also some equipment to use in the kitchen. Nearly done!

A reminder that Grandparents’ Day is on Monday 24th March. This starts at 9.30 and concludes at 11.30 after a special morning tea. This is a part of the discovery curriculum running across the school.

The paperwork relating to the lease of netbooks in Grades 3–6 has been handed out in the last week. Please make sure that you return this and payment as soon as possible, as we would like to get this program up and running.

The Grades 3–6 are doing a gardening program on Friday afternoon and there are some interesting plans being sorted out to improve our school gardens. Parents are invited to come along and join in from 2.30–3.30 on Friday afternoons if they would like to. Donations of equipment are also welcome.

If anyone knows where we can get some free or cheap apple bins from, can they please let us know as we need these for part of our gardening plans.

Please make sure that all your children’s school clothes are named as we already have a large number of items in the lost property basket.

Attendance—continues to be an important issue for schools in our district. Please ensure that your children are at school every day possible to ensure they get the most from every learning opportunity. There is a very strong connection between absences and achievement. Continued absence also affects their ability to make and maintain friendships.

Fines can be applied to five unapproved absences in a year. Absences are approved by the Principal, not the parent. It is the parent’s role to provide the school with the reason for the absence and then it is decided whether this is an approved reason. There are guidelines for what constitutes an approved absence.
Harcourt Valley Primary School Footy Tipping Competition 2014


Please use the above link to log in and register for the HVPS tipping comp for 2014.  ASQ Skydancers has agreed to donate a hot beverage or milkshake each week to the top tipster again which is great news!
If you have any questions please contact Nicki at the school office either Monday or Tuesdays.

**Family Accounts**

For families that paid their fees or are on payment plans by Friday 28th February, they have received the Early Bird Discount of $10 per student.  This discount has been credit to the family account.
The school received semester one payment for EMA recipients that selected the school receive their EMA payments.  These payments have been allocated to the family account.
Statements and receipts will be sent home soon.

**Netbooks - Grade 3-6**
Netbook lease contracts are currently being sent out to Grade 3-6 students.
The cost for this year is $180 payable by 28th March 2014.
Please note a $100 excess is payable by parents for the lease period if the netbook needs to be repaired.
Return contracts and payment to the school office.

**Grade 6 Tops**
We are currently waiting on the tops to be screen printed.
Please return order form and $40 to the school office asap.

“Siblings are the people kids practise on.”  Michael Grose, Parentingidas

**Applefest thanks you and more...**
Well Applefest is done and dusted for another year!  Without the funds raised from Applefest we could not do all those extra things that make our school great.  I am looking forward to seeing the kitchen finished and getting the kids in there!  Thank you to everyone who baked, donated, manned the stall, even the smallest job is a big help!  Without you all it could not have been possible.  A special thank you to Michelle Holmes for running the market, everyone will agree that the move down the road was a success!  It created a lovely atmosphere and I look forward to the next one.
Everyone will receive some notes today regarding Friday lunches.  Please read them carefully as they outline some changes to the way things are done.  I would also like to mention that we won't be running Fruity Friday as we no longer receive a grant from the government for this.
I hope everyone has a well earned rest this week :-)

Jacq Cue
## Students Of The Week:

- **Grade Prep:** **Angus:** For great reading this week.
- **Grade 1:** **Piers:** Developing his understanding of nouns.
- **Grade 3/4:** **Lochlin:** Great start to improving his work ethic of understanding of maths.
- **Grade 5/6:** **Al B & Michael:** For their hard work during our sustainability program.
- **Avalon & Samantha:** For their bravery at Applefest selling afternoon tea.

## Reading Nights

Students that have achieved 25 nights of reading:

- **Rachael, Hannah, Piers and Paige**

  **Well Done!**

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### Attendance or is it absence?

<table>
<thead>
<tr>
<th>Grade</th>
<th>Absence Data This Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep/1</td>
<td>7 days</td>
</tr>
<tr>
<td>1/2</td>
<td>12.5 days</td>
</tr>
<tr>
<td>3/4</td>
<td>12.5 days</td>
</tr>
<tr>
<td>5/6</td>
<td>9 days</td>
</tr>
</tbody>
</table>

- **Cool to be at school winner is** Grade Prep/1
- **Early Bird winner is** Grade 3/4

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### Every day counts – school attendance

From 1 March 2014, new laws will mean that parents can be fined for not sending students to school without an acceptable reason. For more information regarding School Attendance Guidelines 2014 see DEECD website via the following link:


Absences notes are available at the school office or online at:

Reduce our national sleep debt

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.

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, while teens need a minimum of nine hours.

2. **A 45 minute wind-down time before bed.** This includes:
   - removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-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. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. **Maximise the three sleep cues.** 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 and New Zealanders 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 can adjust to move things in favour of them getting more sleep.

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. Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. 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 learned 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. Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

2014 Michael Grose

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