

WHAT'S ON @

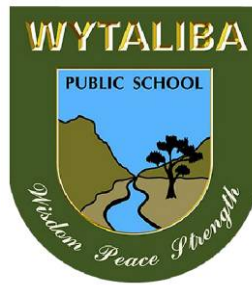
Wytaliba Public School

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Student of the Week

Oscar Rennard

For: Effort with home-work, trying hard with his writing and being a happy class member.



Super Speller

Loki, Daisy,
Zeph, Opal and
Asiah.



Term 1- Week 5:

Monday 20th February:

Tuesday 21st February:

Wednesday 22nd February: Playgroup 10am-12 noon.

Return Permission notes to attend the Healthy Harold excursion.

Thursday 23rd February: Student Banking Day, banking is processed @ 12pm.

Friday 24th February: Library day, please return your books so you can borrow some more. Gardening is on 1.30-2.00pm.

Sports day remember to wear your sport shoes. Miss Hunter is at a PPA network meeting.

No act of kindness, no matter how small, is ever wasted.

-Aesop

Reminders to parents & caregivers-

- This newsletter can be found on our school web site at- www.wytaliba-p.schools.nsw.edu.au
- Students and parents please remember: **No Hat = No Play**
- Any further information please contact the school or Debbie on mobile- 0419216006
- If you would like to have this newsletter emailed to you please provide the school with your email address.

Why We Sleep



Sleep helps our body and brain develop and grow.

Your Brain Needs Sleep, so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas

Your Body Needs Sleep, so your:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness

How Sleep Works

Your Body Rests, But is Also Active During Sleep



You spend the day running on the playground, learning at school, eating meals, and at night your body and brain get to rest, right? Wrong! In fact, while you are off in dreamland, your body and brain are very busy getting ready for a new day. That is why it is so important to give yourself time to sleep.

NIGHT IS ALL RIGHT

Light helps you know when to sleep and when to be awake. When you open your eyes in the morning, sunlight lets your brain know it is time to wake up. As day turns to night, your brain makes a chemical called melatonin (mel-a-TONE-in) that makes you sleepy. Because light can wake you up, your room should be dark when you sleep. Even the light from a television or computer screen can make it harder to fall asleep. A dim nightlight is okay. You should have as much bright light in your room as possible in the morning to help "turn off" melatonin and wake you up!

Sleep and You



You can be your best when you get enough good sleep!

Kids ages 5 to 12 need 10 to 11 hours of sleep each night.

When you get enough sleep you can:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so you stay healthy
- Be in a good mood
- Get along with friends and family
- Solve problems better

Without enough sleep you can:

- Forget what you learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends
- Have trouble listening to parents and teachers

Sleep Tips

Here are some things you can do to help get a good night's sleep.

Make sure your bedroom is cool, dark, and quiet.
Ask your parents to help.

Exercise during the day.
Running and playing at least 3 hours before bed help your body get ready for sleep.

Try to go to bed the same time every night.
Your body gets used to a schedule and will be ready to sleep.



Avoid big meals before bedtime.
Drink a warm glass of milk or have a light healthy snack like fruit instead.

Don't drink sodas with caffeine... especially in the afternoon and at night.

Have a bedtime routine.
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music.
Your body will know it is time to get ready to sleep.

Sleep Traps

Here are some things that can keep you from getting a good night's sleep.

Watching TV or playing video games within an hour of bedtime

Too much or too little light, cold, heat, or noise



Sirens, loud music, and even your hamster running on its wheel!

Sodas that contain caffeine.
Caffeine can keep you wide awake.
Chocolate also has caffeine.

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



**Lean meat
& alternatives**



A Healthy Lunch Box



**MAKE WATER
YOUR DRINK**



**PACK ICE BRICKS
TO KEEP FOOD
COOL**



**USE A THERMOS
TO KEEP FOOD
WARM**



Health