

# WHAT'S ON @ Wyalaliba Public School

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## Student of the Week

**Daisy Blairs**

For: Trying hard in writing,  
achieving Super Speller and  
keeping her cool.



Siara, Daisy, Loki,  
Oscar, Opal and Jace



are

**Super Spellers**



### Term 1- Week 5:

Monday 25th February: Students participating in daily oral health program.

Tuesday 26th February: Students participating in daily oral health program.

Tuckshop meeting at 2.30pm, all parents are encouraged and welcome.

Wednesday 27th February: Outreach Playgroup starts at 10.00am.

Student Banking Day. Students participating in daily oral health program.

Students participating in daily oral health program. [Return Permission notes.](#)

Thursday 28th February: Students participating in daily oral health program.

Friday 1st March: Sports Day. Clean Up Australia Day YAY!!!

## Student banking has changed to Wednesday.

If you have any of these items please send or bring in to school.

Large paper plates, egg cartons, straws, margarine containers, tissue boxes, cardboard tubes, yoghurt containers, aluminium foil, string, pop sticks, cardboard tubes.

Students will be designing and creating with these resources.

Thank you, Jenny J

### Reminders to parents & caregivers-

- This newsletter can be found on our school web site at- [www.wyalaliba-p.schools.nsw.edu.au](http://www.wyalaliba-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.

# Our Tuckshop needs you!!!

All parents and caregivers are invited to a Tuckshop meeting on Tuesday the 26th at 2.30pm. In the Library. Please bring enthusiasm and awesome ideas.



# BEDTIME

Bedtime and children's sleep habits can cause nightmares - for parents, that is!

Bedtime can be a battle in many families as children resist attempts to end their day and allow parents to have some time to themselves.

Often at the end of a long day all you want is a little peace and time for yourself. After all, you have probably devoted the entire day to the service of children in some form.

Whether it is putting bread on the table or being gainfully employed in an unpaid position as housekeeper and cook, you deserve a break.

Come on, kids, be reasonable!

But children do not always see bed-time from a parent's perspective. They often dispute calls for bed and complain loudly that it is too early.

None of the other kids at school go to bed at 8 o'clock, Mum. "It's not fair." is the sort of line that is used in thousands of homes each night.

Others procrastinate with toilet-time, last minute drinks and detailed arrangements of teddies so that bed-time stretches by half an hour before parents realise what is happening.

Some parents are plagued by jack-in-the-boxes who reappear as soon as the bedroom light is turned off while others have night-callers who keep parents busy with comments such as: "I can't get to sleep."

If bed-time presents difficulties in your home try the following ideas at kids' bed-time so that you can maximise the time you have for yourself and your partner.

A clear plan can help make the end of the day less of a chore for parents.

## DEVELOP A BEDTIME PLAN

- **Distinguish between being in bed and being in the bedroom.** Children differ in the amount of sleep they need – so to expect them to go to sleep at a certain time is unrealistic. However, they can be expected to be in their bedrooms at a set time and then regulate their own sleep habits.
- **Have a set routine such as 'quiet time, drink and story' which signals the end of the day and stick to it.** Even older primary school children benefit from a set routine that lets them know what is expected so they can plan accordingly.
- **Be firm and resist procrastination.** Try always to say good night at the appointed time even if children are not quite ready.

- **Turn the television off** and, if necessary, remove other distractions such as computers, mobile phones and video games while children are going to bed.
- **Return jacks-in-the-boxes** to their bedrooms and ignore repeated calling out for drinks and other attempts to keep you busy. Make yourself scarce. Go to another part of the house and be unwilling to be drawn into a game of the children's making. Only nightmares and earthquakes should cause you to go to their bedrooms.

## WHAT TO AVOID

- **Over-stimulating children before bedtime.** Engaging kids in a friendly wrestling match on the floor five minutes before bed-time will ensure you have a real battle on your hands.
- Allowing children who delayed bedtime to sleep in to make up for lost sleep. This will ensure that they stay awake at night. Wake children at the same time each morning.

  
**Parenting** *ideas*  
MICHAEL GROSE