Dear Parents,

The first report for the year was sent home with students last Friday. This initial report indicated to parents and carers how well students have started the year. A reminder to please take the opportunity to discuss your child’s progress with their class teacher at any time during the school year by making an appointment through the school office on 64918222.

**Student Leadership in our School**

In a previous newsletter I acknowledged and congratulated a number of groups of students that had been elected to take on leadership roles within our school community this year. Over the past two weeks a number of our students have participated in a variety of events where they have exhibited great leadership qualities. Feedback from other staff and members of the wider community that were at these events has been glowing in regard to the conduct, the leadership and generally the manner in which our students have represented the school. Well done to the following students who have demonstrated their leadership at the following events;

**NWPSSA Inter-Primary Athletics Event** – Hannah Huett, Liam Davies, Dayna Grey, Hamish McLean, Jordyn Hyland, Gabrielle Agnew, Bronte Page, Jonty Winwood, Jake Bird, Rebecca Smart, Joby Stafford, Malachi Hinrichsen, Rheanna Hanlon

**Grade 7 Mt Roland Walk** - Hannah Huett, Hamish McLean, Malachi Hinrichsen, Bronte Page, Liam Davies, Patrick Bingham

**Relay for Life** - Dayna Grey, Hamish McLean, Liam Davies, Jessica Temple, Trevor Brand-Jones, Hannah Huett, Bronte Page and Jake Bird

**Staffing Changes**

I will be taking some long service leave for the remainder of the term; whilst on leave Ms Pearce will be Acting Principal, and Mrs Davies Acting Assistant Principal. We are very fortunate at Sheffield to have such depth and capacity in leadership and I expect a seamless transition for both Carmen and Catrina in to these roles for the remainder of term.

Mrs Maddick will also be taking some leave over the last two weeks of term. Mrs Haberle will be returning to cover Mrs Maddick’s classes. Mrs Haberle has missed us all very much and will also take on a fixed term contract for the remainder of the year, teaching grade 9 History. Mr Fabian will move across to grade 9 Science and Mr Skirving grade 8A Maths.
Inter-Primary Athletics
Two weeks ago a group of 48 primary students represented our school at the NWPSSA inter-primary athletics event. Our students participated extremely well with many students going on to make semi-finals and finals. The following students made it through to the twilight event which was held last Thursday evening; Cody Hester, Patrick Sims, Amber Mitchell, Joven Gyemore, Hayden Sims, Alice McCarthy, Amber Dunlop, Jessica Welch, Dakoda Sheehan, and Nicholas Davey. The following students then went on to win or place in the coastal finals and as a result have been selected in the NWPSSA Athletics Squad from which a team will be selected to compete against the North and South of the state; Alice McCarthy, Nicholas Davey, Isabel Wells and Jessica Welch.

Well done to all of the students for their participation in this carnival and for striving to do your very best!

The National Child Oral Health Survey
Our school has been asked to participate in the National Child Oral Health Survey. Over the next few weeks, your child may bring home an invitation to be a part of this important Study. The Survey will take a snap shot of the current oral health status of our 5 – 14 year olds and will assist in planning future dental services for the Australian child population.
If your child is selected, they will bring home a survey questionnaire for you to complete and post back in the envelope provided. Dental professionals will visit our school at a later date and will examine your child’s teeth.
The dental examination will not involve any treatment and will take place at school. However, should the clinicians detect an area of concern; you will be notified so that you can seek treatment through the public dental service or the family dentist.
If your child is selected, please support this study by consenting to their inclusion in the study.

NAPLAN Top of School Event
Congratulations to both Lillian Rockliff and Liam Thompson-Hayes for achieving the top result in NAPLAN testing for the Sheffield and Railton schools respectively in 2013. Both Lillian and Liam along with students from all of the other schools in the North West Learning Service will be recognised at a function at Penguin Primary School this Tuesday afternoon. Students will be recognised for either being the top in their school or for being in the top 1% for the state.

Vehicular Traffic in Henry St / ECE Carpark
A reminder to parents /family members that may be dropping off or picking up children in and around the Henry St / ECE carpark area to be mindful of pedestrians, in recent times we have had a number of near misses. Thank you for your cooperation in this matter in ensuring the health and wellbeing of our student pedestrian population.
Calendar dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>28 March</td>
<td>Assembly P-6</td>
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<td>2 April</td>
<td>MADD Night</td>
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<td>4 April</td>
<td>Grip Leadership Conference – SRC and Grade 10’s</td>
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<td>Tour de Cure K - 6</td>
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<td>7 April</td>
<td>Cultural Performance Lucas Proudfoot K-6</td>
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<td>9 April</td>
<td>National Youth Week – Grade 9 Excursion</td>
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<td>10 April</td>
<td>Primary School Fair</td>
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<td>16 April</td>
<td>ANZAC Day Assembly</td>
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<td>School Council AGM 7pm VET Room</td>
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<td>17 April</td>
<td>Professional Learning Day (Student Free Day)</td>
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<td>18 April</td>
<td>Good Friday</td>
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Students Travelling on School Buses

If your child is travelling on a bus and will be getting off at a stop other than their normal bus stop, please notify the driver by writing a note for your child.

Relay for life

On the weekend of 22/23 March we had the ‘Sheffrock Stunners’ team represent the school at relay for life at the Penguin sports ground. Relay for life is a unique event where teams of 10 to 15 challenge themselves in a relay style overnight run or walk to keep a baton moving for 24 hours. Our team consisted of students Hamish McLean, Trevor Brand-Jones, Jake Bird, Liam Davies, Hannah, Jess Temple, Dayna Grey and Bronte Page and staff Miss Parsons, Mrs Bransden, Mrs Rogers, Mrs Milne, Miss Wells, Miss Richards, Mrs Treloar and Miss Scattergood. Everyone set themselves a goal of how much they wanted to walk/run over the 24 hours, with some people walking over 100 laps (40kms) and the team doing over 700 kms! I would like to congratulate all the members of the team on their efforts and contribution to a worthwhile cause.

Miss Scattergood
K-6 FAIR

NOW IN TERM 1

WHEN: THURSDAY 10th APRIL 2014

TIME: EASTER PARADE, INCLUDING EASTER BONNET, EASTER COSTUME AND BEST DRESSED EASTER PET FROM 1:00PM

WHERE: PRIMARY PLAYGROUND AND UNDERCOVER AREA.

TOKENS ARE ON SALE NOW AND CAN BE PURCHASED FROM CLASSROOM TEACHERS. TOKENS ARE AVAILABLE ON THE DAY.

ATTR ACTIONS THIS YEAR INCLUDE:

JUMPING CASTLE DONUTS BBQ
CHOCOLATE SNAKES SPIDERS FAIRY FLOSS
PONY RIDES PLAY-DOUGH LOB THE DUNNY
EASTER RAFFLE HAIRSPRAY BALLOON POP
LOLLY GUESS KITES HAIR SPRAY
PHOTO BOOTH EASTER NESTS SAVELOYS

ENJOY A GREAT CAPPuccINO AND AFTERNOON TEA FROM THE CANTEEN!

NO CANTEEN LUNCH ORDERS ON THE DAY. BBQ ORDERS ONLY.

NORMAL CANTEEN FOR RECESS.

WE EXTEND A WARM INVITATION TO ALL FAMILIES TO JOIN US AT THE FAIR ON THURSDAY
Cyclists from the Tour de Cure Foundation will visit our K-6 students on Friday 4th April. Parents and friends are most welcome to attend this presentation in the gym from approximately 9:00am.

Parents, friends and students will then ‘cheer off’ the riders on their journey through to Launceston from around 9:45 am.

Donations to this great cause on the day will be greatly appreciated.

ON WEDNESDAY 2ND APRIL THE PRIMARY SRC WILL CONDUCT A CASUAL CLOTHES DAY FOR A GOLD COIN DONATION TO RAISE FUNDS TO PRESENT TO THE TOUR DE CURE REPRESENTATIVES ON FRIDAY 4TH APRIL

FOLLOW THE PROGRESS OF THIS TOUR ON SUNRISE FROM MARCH 28TH 2014.
Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they 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.

Sleep deprivation is akin to jet lag, where they don't function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fighting and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence.

Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Good sleep habits include:

1. Regular bed-times. Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. An established bed-time routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.
COMMUNITY NOTICEBOARD

Disclaimer: Parents should note that advertisements for education services, companies, activities or similar events are published as a ‘community service’. Sheffield School is in no way liable for the quality, supervision or integrity of the provider and strongly suggests that parents make their own enquiries before engaging with the advertised event.

Ron Daly, Principal