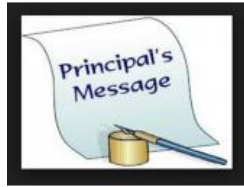


ST. PETER'S NEWSLETTER

2A Killeen Street, Sunshine South West:



October 7th, 2022

Dear Families,

United in Community, Building on Foundations of Life and Faith, Unlocking potential in all.

I trust you all had a relaxing and enjoyable holiday. I was fortunate to attend the Australian Council for Educational Leaders Conference over the holidays where I was able to first hand be inspired by educational experts such as Lyn Sharratt, John Hattie, Adam Voigt amongst many more. Giving up my holidays to attend such an event is vital for me to continue to provide your children with the best education possible.

Farewell

Sadly, at the end of Term Three we said farewell to Ms. Elisa Tamburro. We thank Elisa for her time at St. Peter's and will miss her very much. Thankfully Mr. Adrian Platek has returned from his travels overseas which is why he left at the end of last year and now Adrian is back on staff for the remainder of 2022 and will teach 3/4T.

Long Service Leave

Please note that Mrs. Tamara will be taking a much deserved long service leave from the start of week three for the remainder of the school year. We wish Tamara a joyous and restful break as she takes this leave and look forward to her return at the start of the 2023 school year. Mrs. Garvey will be acting Deputy Principal - Students while Tamara is on leave.

'No more Freebies'

You may have noticed in the media that the Melbourne Archdiocese Catholic Schools (MACS) and the Independent Education Union (IEU) have not been able to agree on the new EBA for our staff. This is very frustrating for our staff and as such the union has asked all members to enact a 'no more freebies' campaign. If our staff chose to do this it would mean that we would not be able to hold the Art show, 1/2 outdoor education excursion to the zoo, minnie vinnies mission fete, St. Anthony Mary Claret Feast Day, Prep outdoor education evening, graduation mass, Grade 6 Big Day out, Christmas Carols, write reports and PLPs just to name a few.

Thankfully our IEU sub branch has agreed to put our children first and will not be joining the campaign at this stage. I am so grateful to the staff at St. Peter's for putting our children's needs and experiences first. On the other hand, it is good for you to be aware of how much staff do outside of their 'normal' work day. If you can, please take the time to show our staff your appreciation and let them know how grateful you are that they have put your children first. Personally, I do everything in my power to support our staff to ensure this is a well supported workplace which therefore attracts the best people to work with your children.

Artshow

After having to cancel the Artshow for the past two years, we are very excited that the 2020-2022 art show will be held **next Thursday night October 13th, from 4.30 - 6.30** in the school gym. Due to the financial strains that many families are currently experiencing we have decided not to charge for this event in 2022. The only charge on the night will be \$5.00 if your child would like their face painted. We will also be holding class and staff artwork auctions. All other activities on the night will be free of charge.

I would like to thank Ms. Cathy Lyons for all the work she has put into this art show over the past few years. Congratulations to the children on being able to share their talents with the community.

Pyjama Day

I had some feedback from a parent this week concerned with all of the 'activities' we are having and asking if this interferes with children's learning. This was a great question and I thank the parent for that question. The idea for Pyjama day actually came from students and that is why we are including this day in our calendar because as you know we value **student voice** here at St. Peter's. This day will not interfere with learning and all lessons will go ahead as scheduled.

Extra Curricular Events/Activities

I would like to address the idea of extra curricular activities at St. Peter's. Please know that we only hold events that enhance our Catholic Identity, promote community engagement or enhance the wellbeing of our children. We are not a school that holds copious amounts of events for no particular reason. We are very strategic in what we choose to do as we know that children come to school to learn as their highest priority. However, given that we have not been able to hold events in the past two years due to COVID, the feedback we have had from families is that they thoroughly love being back in the school and at these events, such as the feedback I received after the Production at the end of term.

If you have any questions or concerns over the events we hold, please feel free to come and speak with either myself, Ms. Grace or Mrs. Tamara directly so we can listen to your concerns. If on the other hand you enjoy the events we hold, we would love that feedback as well.

School Advisory Council

Our second SAC meeting will be held next week on Monday night. At this meeting we will be looking at our future enrolments, future building projects, feedback from the Production and what lies ahead in 2023. Please speak to Vinnie, Nam, Arop, Martin, Stormy, Criselda or Dennis if you'd like to know more about our School Advisory Council.

Term 4 Dates

Oct 3, 2022	Term 4 Begins
Oct 7, 2022	Pyjama Day
Oct 13, 2022	Art Show Night
Oct 20, 2022	1/ 2 Excursion
Oct 21, 2022	Minnie Vinnie's Mission Fete
Oct 24, 2022	St. Anthony Claret Feast Day & Multicultural lunch
Oct 31, 2022	Report Writing Day – School Closure
Nov 1, 2022	Melbourne Cup Day – Public Holiday
Nov 2, 2022	All Saints & Souls day Mass @ 2:15pm
Nov 3, 2022	Prep Outdoor Education @3.30pm – 6:30pm
Nov 21, 2022	2023 Prep Transition Day 1 2023 @ 9:15am – 10:30am
Nov 28, 2022	School Closure – Review PL
Dec 1, 2022	2023 Prep Transition Day 2 2023 @ 9:15am-10:30am
Dec 5, 2022	Learning Conversations (12:00-7pm)
Dec 8, 2022	Celebration of Learning/Carols 4.30pm- 7pm
Dec 12, 2022	P-6 2023 Orientation Day @ 9:00am-10:30am
Dec 13, 2022	Year 6 Graduation Mass @ 6pm
Dec 14, 2022	Year 6 Big Day Out
Dec 15, 2022	End of Year Mass & Morning Tea @ 9:15am
Dec 16, 2022	Last Day for Students @ 3.15pm

See you at the Art show,



Karen Bergin
(PRINCIPAL)

MAY OUR CHILDREN FLOURISH

We have zero tolerance of child abuse and all allegations and safety concerns will be treated seriously and reported in line with our legal obligations, our moral obligations and our school policies. Creating child-safe environments is a dynamic process that involves active participation and responsibility by parishes, schools, families and communities. It is marked by collaboration, vigilance and proactive approaches across policies, procedures and practices.



As a Catholic Community we respect the Wurrundjeri people, traditional custodians of the land upon which our school resides, and commit ourselves to reconciliation and justice for all in our community and nation.

Healthy sleep in children

Sleep is essential for growth, immunity, learning and memory and is important for helping a child heal and recover. Healthy sleep means a good quantity and quality of sleep, with regular sleep routines.

What happens if my child doesn't get enough sleep?

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance.

How much sleep does a child need?

Age	Recommended sleep hours per 24-hour period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Pre-schoolers: 3 to 5 years	10 to 13 hours (including naps)
Primary-schoolers: 6 to 12 years	9 to 11 hours
Teens: 13 to 18 years	8 to 10 hours

Infants from birth to three months of age have a wide variation in sleep duration and patterns; infants in this age group generally sleep 14 to 17 hours daily (including naps). It is important to remember that these figures are a guide only and that each child will have their own individual sleep requirement. Children with a development disorder may need an amount of sleep appropriate for their developmental age rather than their actual age.

Napping

From birth to two months of age, the length of one period of sleep can vary from 30 minutes to three to four hours. This is throughout the day and night. From about two months onwards, babies start to sleep for longer periods, particularly at night, as they start to develop their internal day/night (circadian) rhythm. This rhythm favours sleep at night and being more awake in the day. From about six months, babies have their longest sleeps at night and can typically sleep for a period of up to six hours or more at night. From two months to 12 months, the number of daytime naps reduces typically from three to four naps, down to two naps. Morning naps usually stop between 12 and 18 months. It is normal for children to have a daytime nap until three to five years of age. Consistent daytime naps after five years of age are not normal.

Good sleep habits

Have a regular sleep pattern. Your child should keep regular times for going to bed and waking up. These times should be the same or similar on weekends and holidays. The 24-hour body clock that controls sleepiness and wakefulness works best if there is a regular sleep routine.

Have a consistent pre-bedtime routine. This will help your child settle and prepare for sleep. It may include reading quietly, a warm bath or a warm milk drink. Avoid exercise or stimulating play in the hour before bedtime.

Limit access to electronic devices (including TV, smart-phones, tablets and computer games) and bright light exposure in the one to two hours prior to bedtime. Exposure to bright light or the LED light from electronic devices can reduce the evening levels of the sleep promoting hormone, melatonin, making it more difficult to fall asleep. Electronic devices should remain out of the bedroom where possible.

Ensure the sleeping environment is quiet, dark and comfortable. Children should sleep in their own bed. If a night light is required, a red light is preferred. If background sound is required, soothing, gentle music is preferred. The bedroom should be used for sleep only and not study or play if possible.

Daytime exercise and natural light exposure may improve sleep at night. Children who are inactive through the day and/or are not exposed to natural sunlight, particularly early in the morning, may have difficulty falling asleep at night.

Limit caffeine intake. Caffeine is a stimulant that prevents sleep. Caffeine is present in tea, coffee, chocolate, energy drinks and some soft drinks. Caffeine is best avoided in children and certainly should be avoided after midday to avoid interfering with sleep.

(<https://www.childrens.health.qld.gov.au/fact-sheet-healthy-sleep-children/>)