

# LINCOLN GARDENS PRIMARY SCHOOL

## 2022 NEWSLETTER TERM 4 WEEK 3

### PRINCIPAL'S REPORT:

On Friday the 28th of October we celebrated World Teacher Day. On this day we thanked our teachers who put in a huge effort to support the students at LGPS. They go over and beyond ensuring every child feels happy and safe at school, making learning engaging and interesting. The students made cards for each of the teachers which they presented to them at a small assembly along with a gift. They also said kind words which were put into a short clip, please watch the clip, the link is on our facebook page.



Principal Sandra Spencer

RESPECT RESPONSIBILITY RELATIONSHIPS RESILIENCE



# WELLBEING LEADER AMANDA PARKER

Term 4 – Week 3 | All About Sleep

## Why sleep is important for children aged 5-11 years

When your child sleeps well, your child will be more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things, regulate emotions and behave well. This all helps your child learn well. Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness.

## Sleep: what children need

At 5-11 years, children need 9-11 hours sleep a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep.

Children have different kinds of sleep during the night. The first few hours of sleep are usually the deepest. Most dreams happen in the second half of the night.

*Sleep is important for children's growth, learning, mood and development*

### CHILDREN Sleep Tips!

 <b>Bedtime Routine</b> with activities & habits the same every night	 <b>Consistent Bedtime</b> that allows the needed amount of sleep – during weekend too
 <b>Daily Exercise</b> to burn energy & increase body temperature	 <b>Set the Scene</b> with a calm atmosphere in a room that's cool & dark
 <b>Small Snack</b> before bed that is light & healthy - so not hungry	 <b>TURN OFF DEVICES</b> at least an hour before bedtime



## How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep they need

### Relaxing before bed

After a big day at school, your child might still be thinking about the day's events and worries. If your child's mind is still busy at bedtime, it can cause a restless night or bad dreams.

You can help your child settle and relax for sleep by keeping activities quiet in the hour before bed. For example, you could play gentle music or read a story together. Making a bath part of your child's bedtime routine can also help with relaxation.

# Mrs Kenny Foundation & Year 1

This term in the Library with Mrs Ambrose, Room 1 students are investigating, Aaron Blabey, the author of 'Thelma the Unicorn', 'Pig the Pug' and many more.

The students analysed Aaron's illustrations across his books and discovered that he had a unique style...they all had **GOOGLY EYES!!!** So, the students **CREATED** their own Aaron Blabey-inspired **CHARACTERS**. Some budding illustrators are among us! Check them out!!



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We would like to invite you to a Family Lunch in the  
Community Hub on

Wednesday November 2nd from 12.30 to 1.30pm

Hot food from the Beach Bakery Express and drinks will  
be supplied

Please RSVP to the school mobile 0427 021 723 or the  
office 8682 6277 with how many are coming for  
catering.



In terms 1 and 4, the students have to wear broad brimmed hats when outside.  
Hats can be purchased from the office for \$7.00. If your child doesn't have a  
hat they will have to play in the shade areas.

### Dates to remember

Week 3 Wednesday 2/11/22 Governing Council Meeting at  
2.30pm.

Week 3 Friday 4/11/22 Kindy Transition Visit 8.45-11.00am

Week 5 Monday 14/11/22 School Closure—NO SCHOOL

**RESPECT RESPONSIBILITY RELATIONSHIPS RESILIENCE**

Barley Road PO Box 1786 Port Lincoln SA 5606 Ph: 08 86826277 Fax: 08 86826310 Email: dl.1158.info@schools.sa.edu.au