

MEADOW HEIGHTS PRIMARY SCHOOL

NEWSLETTER



20 MARCH 2023



I respectfully acknowledge the Traditional Owners of Country throughout Victoria and pay respect to the ongoing living cultures of First Peoples.



LETTER FROM THE PRINCIPAL

Dear Parents and Carers

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.

Have a great week.

Warm regards

Mrs Margaret Leach

Mrs Margaret Leach
School Principal



IMPORTANT DATES

<u>DAY</u>	<u>DATE</u>	<u>ACTIVITY</u>
Fridays	2.45 pm	Whole School Assembly Webex No 2651 312 2968

MARCH 2023

Tuesday	21	Harmony Day – Wear Orange
Thursday	23	Grades 5/6 Imagineering Plus Programme

APRIL 2023

Monday	3	Grades 5/6 Camp – Phillip Island
Tuesday	4	Grades 5/6 Camp – Phillip Island
Wednesday	5	Grades 5/6 Campers return

THURSDAY 6 LAST DAY OF TERM 1 – 2.30PM BELL RINGS

MONDAY 24TH TERM 2 COMMENCES 8.50AM

Tuesday 25th ANZAC Day – Public Holiday, NO SCHOOL



HAVE YOU CHANGED YOUR DETAILS?

Please immediately notify the School Office of any changes to your address or contact details. Please update your email address for COMPASS information.

Office Hours

Monday—Friday
8:30am to 4:00pm

Last day of each Term the office will close at 2:30pm
The office is CLOSED during all school holiday periods



HARMONY DAY 21 MARCH



On Tuesday the 21st of March, it is harmony day! Harmony day is a day we celebrate our cultural diversity. Harmony Day is a day of cultural respect for everyone who calls Australia home. On Harmony Day, we will all wear orange to show respect. We wear orange because the colour orange illustrates social communication and meaningful conversations. This special day is about being inclusive, respecting everybody for who they are, regardless of their cultural background and this year's theme is: "We all belong!". At Meadow Heights Primary School, we are proud of the cultural diversity in our school and cannot wait to celebrate this special day altogether!

Thank you from Amira Karhani of the MHPS Junior School Council



[Some Tips from the MHPS Wellbeing Team](#)

Meadow Heights Primary School is a School Wide Positive Behaviour Support (SWPBS) school. We ask students to follow the school's values by being **PROUD, RESPECTFUL, EXCELLENT** and **RESPONSIBLE**.



Wellbeing News

RESPECTFUL RELATIONSHIPS START AT HOME

As parents we have the power to shape children's attitudes and behaviours, particularly how they relate to and treat other people.

We can do this by:

- Being prepared to challenge any negative or disrespectful attitude we hear or see from children.
- Teaching them to treat others well. This includes brothers and sisters! If there is a conflict or relationship problem then they need to keep their hands to themselves. Don't accept any put downs. Disrespectful behaviour should not go unchallenged.
- Providing them with the right skills to stand up for themselves if they feel disrespected or unsafe and ask for what they want in a respectful manner.
- Setting the standards for acceptable behaviour in the home. The more you talk about and model respectful behaviours, the more your children are likely to adopt those attitudes.

It's all about RESPECT...



CANTEEN NEWS

!!PARENTS / CAREGIVERS!!

Please note the following roster when the Canteen will be open/closed for the remainder of the term:

Monday 20 March OPEN

Tuesday 21 March OPEN

Wednesday 22 March CLOSED (start of Ramadan)

Thursday 23 March CLOSED

Friday 24 March OPEN

OPEN Tuesday 28 March and Friday 31 March

OPEN Tuesday 4 April (this is last week of term)

**Please ensure your child has a packed snack,
lunch and water on days the Canteen is closed**



SHARE AWARDS

PREPS

Lavannah Tuilagi Agafili from Prep A Mrs Carrondo
for being a **RESPECTFUL** student who always tries her best!
Well done Lavannah!

Angel Safar from Prep B Mrs Hayek
for showing the school value of **RESPECT** by always being mindful of her peers
and being kind and courteous to other students and staff. Well done Angel!

Lana Yang from Prep C Mrs Crouch
for showing the school value of **RESPECT** by always being mindful of her peers
and being kind and courteous to other students and staff. Well done Angel!

GRADE 1:

Haniya Abdul Malik from 1A Mr Torchia/Mrs Kovacevik
for **ALWAYS** using her wonderful manners, listening to others speak,
waiting patiently to speak and following the school and classroom
expectations. Well done Haniya! 😊

Fatima Asaad from 1B Mrs Pennini
You are a kind and caring classmate who helps make
our room feel safe and happy.

Hannah Khan from 1B Ms Pennini
for being **RESPECTFUL** by being a polite, friendly and cooperative
member of our class. Thank you, Hannah!

GRADE 2:

Khaled Al Kassem from 2A Mr La Mattina
for being a polite, friendly and cooperative member of class.

Aya Al Fakhouri from 2B Ms O'Connell
for always being a honest, kind and helpful member of our class.
Well done Aya!

Abas Alzafarani from 2C Ms Delaney
for using his manners and showing kindness to his classmates.
Well done Abas.

GRADE 3/4:

Tomas Kndo from 3/4A Ms Pirro
for being **RESPECTFUL** by being a polite and helpful member of class 34A.
Thank you Tomas.

Adnan Muhtar from 3/4B Ms Parkin
by settling in and following the classroom rules
after coming back from overseas.

Rayyan Hassan from 3/4C Mr Knox
for being **RESPECTFUL** by following teacher instructions and for
being a good role model for his peers.

Matilda Sawa from 3/4D Mrs Bell
for always listening to the speaker and using kind and polite words
when speaking with others. Thank you Matilda.

Zarar Khan from 3/4E Ms Durna
for being **RESPECTFUL** by always being honest, kind and helpful
member of our class. Well done Zarar!

GRADE 5/6:

Nadia Bader from 5/6A Mr Pace

for being **RESPECTFUL** by treating everyone with kindness and working with great concentration during the NAPLAN tests.

Ahmed Khodr from 5/6B Ms Lang

for showing **RESPECT** to his peers at tutoring by supporting them in a positive manner - well done Ahmed!

Omar Ellehaibi from 5/6C Ms Isdar

for showing the value of **RESPECT** by helping his peers in the class and always trying his best! Well done Omar!

Zeynep Kalkan from 5/6D Ms Caruso

for always showing the school value of **RESPECT** by always being mindful of her peers and always kind and courteous to other students and staff.
Well done Zeynep!!



Staff Member of the Week



Mr Turan for fixing everything in the school!
Thank you Mr Turan!



Meadow Heights Primary School

Achieving the potential of all learners

ATTENDANCE AWARD 2023

Grade 3/4A– Ms Pirro



This certificate is awarded to 3/4A in recognition of having the **highest attendance level** at school in Week 8 of Term 1!

Well done super stars – you are certainly showing our school value of **RESPONSIBILITY**.



Ms White





GRADE 6 Parent Information Evening @ Roxburgh College

(for students starting YEAR 7 in 2024)

Wednesday May 3rd, 2023.

6.00pm – 7.15pm

*We invite Grade 6 parents to join us on this evening so we can share
our Year 7 information with you.*

We will have door prizes including Uniform Vouchers for 2024 to give away on the night!

We look forward to meeting you.

Contact: Karen Ring
Transition Coordinator
Roxburgh College



OPEN NIGHT

**Tuesday
4 April 2023**

Information sessions
commencing at 5.00pm &
6.30pm

**Bookings required for our Open Night
and Regular Tours.** Visit our website
for more details.

2 Glencairn Drive, Greenvale VIC 3059

P +61 3 8393 0000 www.greenvalesc.vic.edu.au

Sayın Veliler ve Bakım Sağlayıcılar,

Uykunun sağlık için gerekli olduğunu bildiğimiz halde, araştırmalar birçok çocuğun ve gencin okul gecelerinde yeterince uyumadığını gösteriyor. Bu düşünmeyi, konsantrasyonu, hafızayı, reaksiyon sürelerini ve ruh halini etkileyebilir.

Araştırmalar, ilkökul çağındaki çocukların yaklaşık %12'sinin, 12-15 yaşındaki çocukların dörtte birinin ve 16-17 yaşındakilerin yarısının okul geceleri yeterince uyumadığını gösteriyor. İlkokul çağındaki çocuklar için önerilen uyku süresi 9 ila 11 saat arasındır. Gençler için 8 ila 10 saattir.

Çocuğunuzun yeterince uyumadığına dair işaretler şunları içerebilir:

- sosyal etkileşimler sırasında düşük ruh hali ve sinirlilik
- isteksizlik veya cihazlardan çıkmak ve yatağa gitmek konusunda tartışmak
- gün içinde uykuya dalma
- okula gitmek için uyanmada ve hafta sonları okula yetişmek için geç saatlerde uyumada zorluk
- evde iletişim veya etkileşimde değişiklikler.

Çocuğunuzun uykusunu iyileştirmesine şu şekilde yardımcı olabilirsiniz:

- düzenli bir uyku düzeni ve tutarlı yatma zamanı rutini oluşturmak
- yatmadan önce ve yatakta akıllı telefon gibi elektronik cihazları kullanmaktan kaçınmaları için onları desteklemek
- Çocuğunuzun gün ışığında egzersiz yapmaya ve dışarıda vakit geçirmeye teşvik etmek, uykudan bir saat önce yoğun faaliyetlerden uzak durmak
- yatmadan önce sakinleşmeleri ve rahatlamaları için onları teşvik etmek.

Çocuğunuz hala uyku sorunu yaşıyorsa, sürekli moral bozukluğu, gündüz aşırı uyku hali, yatakta huzursuzluk, şiddetli horlama veya yeterli uzunlukta uyumasına rağmen dinçliksiz uyanıyorsa mutlaka bir doktora görünmelidir.

Uyku sağlığı hakkında daha fazla bilgi için şu adreslere başvurabilirsiniz:

- Uyku Sağlığı Vakfı'ndan çocuklar için uyku ipuçları
<https://www.sleephealthfoundation.org.au/sleep-tips-for-children.html> ve ebeveynler ve okul personeli için uyku hakkında gerçekler
<https://www.sleephealthfoundation.org.au/facts-about-sleep-for-parents-and-school-staff.html>
- Kids Helpline'dan uyku neden bu kadar önemli?
<https://kidshelpline.com.au/teens/issues/why-sleep-so-important#:~:text=It%20gives%20you%20energy%20to,some%2C%208%20hours%20is%20enough!>
- Better Health Channel'dan uyku açıklaması
<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep>

İyi bir hafta dilerim

Mrs Margaret Leach

Okul Müdürü

أعزائي أولياء الأمور ومقدمي الرعاية

بينما نعلم أن النوم ضروري لصحة جيدة ، تظهر الأبحاث أن العديد من الأطفال والشباب لا يحصلون على قسط كافٍ من النوم في ليالي المدرسة. يمكن أن يؤثر ذلك على التفكير والتركيز والذاكرة وأوقات رد الفعل والمزاج.

تظهر الأبحاث أن حوالي 12٪ من الأطفال في سن المدرسة الابتدائية ، وربع الأطفال الذين تتراوح أعمارهم بين 12 و 15 عامًا ونصف الأطفال الذين تتراوح أعمارهم بين 16 و 17 عامًا لا يحصلون على قسط كافٍ من النوم في الليالي المدرسية. المدة الموصى بها للنوم للأطفال في سن المدرسة الابتدائية هي 9 إلى 11 ساعة. بالنسبة للمراهقين ، تتراوح مدتها من 8 إلى 10 ساعات.

يمكن أن تشمل العلامات التي تدل على أن طفلك لا يحصل على قسط كافٍ من النوم ما يلي:



- تندي المزاج وسرعة الانفعال أثناء التفاعلات الاجتماعية
- عدم الرغبة أو الجدل حول ترك الأجهزة والذهاب إلى الفراش
- النوم أثناء النهار
- صعوبات الاستيقاظ للمدرسة والنوم في وقت متأخر من عطلة نهاية الأسبوع لتعويض ما فاتك
- تغييرات في التواصل أو التفاعل في المنزل.
- يمكنك مساعدة طفلك على تحسين نومه من خلال:
- إنشاء نمط نوم منتظم وروتين ثابت لوقت النوم
- دعمهم لتجنب استخدام الأجهزة الإلكترونية مثل الهواتف الذكية قبل الذهاب إلى الفراش والنوم
- شجع طفلك على ممارسة الرياضة وقضاء بعض الوقت في الخارج في وضوح النهار ، والابتعاد عن النشاط القوي في الساعة التي تسبق النوم
- تشجيعهم على الاسترخاء قبل النوم.
- إذا كان طفلك لا يزال يعاني من مشاكل في النوم ، أو يعاني من مشاكل مزاجية متدنية ، أو النعاس المفرط أثناء النهار ، أو الأرق في السرير ، أو الشخير الشديد أو الاستيقاظ دون انتعاش ، على الرغم من حصوله على قسط كافٍ من النوم ، يجب عليه زيارة الطبيب.
- لمزيد من المعلومات حول صحة النوم ، يمكنك الرجوع إلى:
- نصائح حول النوم للأطفال وحقائق حول النوم للآباء وموظفي المدرسة ، من مؤسسة صحة النوم
- لماذا النوم مهم جدًا ، من خطوط مساعدة الأطفال
- شرح النوم ، من قناة Better Health Channel.
- أتمنى لكم أسبوعًا رائعًا.
- السيدة مارجريت ليتش
- مديرة المدرسة