The Oak Leaf

Oak Park Primary School will work collaboratively to provide a stimulating, safe and challenging learning environment that promotes resilient, innovative thinkers.

Principal’s Column

This week we held our Parent Helpers’ Morning Tea. We do this each year to acknowledge and thank the many parents and families who contribute so much to the daily activities of our school.

We are extremely fortunate at Oak Park to have such a wonderful, hardworking group of parents who give so freely of their time to help the kids.

One message I continually try to put forward is that we are all here for the children. Parents naturally want what is best for their children, they want them to be happy at school, learning and growing as people. That is what our whole staff want too!

When it is recognised that our aims and goals are basically the same, it makes for a much better relationship. Parents at Oak Park Primary School show their support for the children and the school in so many ways.

Whether this be as a member of School Council, listening to students read, through fundraising efforts, responding to surveys or completing a Parent Helpers Program – they are all valued ways to participate and contribute to the school.

Not all parents can make it to the school to participate in the above ways. But by listening to their children read, talking about what happened at school and showing an interest in their learning, they can contribute in perhaps the most effective way.

CALENDAR OF EVENTS

Dec 13  Grade 6 Graduation
Dec 16  Final School Assembly @3pm
        Casual Dress Day Gold Coin donation
Dec 19  Curriculum Day
Dec 20  Big Clean Up Day
Jan 31  Students resume

Uniform Award

This week’s Uniform Wearers of the Week Award goes to Madyson DOWNS 6FL
Congratulations to Madyson for setting such a terrific example to the rest of the school
To all our parents – thank you once again for your support of the children and the school!

Resilience and Anxiety

Sue Annette and I attended a very interesting seminar this week facilitated by psychologist Michael Carr-Gregg. The focus of the seminar was Resilience and Anxiety in Children and Adolescents.

Michael said that anxiety tends to run in families and the good news is that it is a very treatable condition in young people.

He talked about the results of various studies which showed the main stressors for young people (15 – 19 years) are:

- Coping with stress
- School or study problems
- Body image
- Depression

Michael repeatedly stressed the importance of sleep: the single best study tool is to get a goodnight’s sleep. (See the end of this newsletter for a fact sheet on sleep).

Other interesting points:

- Connectedness is crucial and the greatest predictor of well-being is having friendships.
- Anxiety is also linked to diet. Many kids do not eat anywhere near enough fruit or vegetables.
- Our system generates stress. Michael strongly believes that we should get rid of homework and cited the experiences of Finland which sits at, or close to the top in measures of education systems across the world. Students attend school in Finland for only 20 hours per week and do not do homework. They have the fewest hours and the shortest school year but achieve great results. Michael says there is no evidence that shows homework to have any positive effect, but lots of evidence to suggest homework is detrimental.

When dealing with anxiety, Michael asserted that it was important to face fears and deal with them. “Avoidance is the enemy of treating anxiety – you can’t change what you can’t acknowledge”.

An important aspect of kids growing up is to allow kids to grow up. An important task for children is for them to emancipate themselves from their adult carers. In other words, to learn how to deal with difficulties themselves.

Final Assembly

Our final assembly for 2016 will be on Friday December 16th at 3.00pm. Children will be dismissed following the assembly.

A further reminder that Monday 19th December is a student free Curriculum Day.
The Oak Leaf

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December 8th 2016

Library Books

Please note that Library books should be returned to school by now. If you have any library books at home, please return to Michelle in the library.

Icy Poles

Don’t forget our Zooper Dooper sale tomorrow, Friday 9th December. They will be sold for $1 each outside the 5/6 area. Grade 6 students are selling these to fundraise for the Graduation.

Sausage Sizzle

There will be a sausage sizzle on Friday 16th December after our final assembly. A snag in bread will set you back $2, feel free to hang around after assembly and enjoy.

Sustainability

Grade 6 Mini-forest

On National Tree Day the Grade 6 students planted their mini-forest as their legacy to the school. I’m pleased to report we’ve had around 90% success rate with the plantings and now the sign has gone in to indicate where the planting took place. Hopefully this will be there for years to come so the students can come back and reflect on their time at OPPS. Thanks to Ross Mulder for installing the sign.

Endangered Animals Fundraising Day

Wow, what an effort! Combined, the students from 6C, 6FL and 5K raised more than $1000 for their chosen endangered animal organisations! The organisations chosen included WWF and Zoos Victoria. Some of the animals supported by this money include mountain pygmy possum, Tasmanian devil,

From the Office

Dear Parents, Grade 3 & Grade 6
Netbook payments are now OVERDUE. Statements have been sent via students for any outstanding netbook payments. Please check your children’s bags. Payments were due Friday 18th November, 2016.

If you are experiencing financial difficulties, please email Annette D’Elia delia.annette.a@edumail.vic.gov.au to discuss payment arrangements.

Regards
Annette D’Elia
Business Manager
white rhinoceros, snow leopard, polar bear, panda, sperm whale, polar bear, orang-utan, fallback turtle, Hawaiian monk seal, amur leopard, Cross River gorilla, Chinese giant salamander and the white lion.

The students worked extremely well and put their own time, effort and money into this event to make it successful – definitely worthy of praise! Thank you also to the parents who helped them prepare, to the 5/6 teachers who were so accommodating with their classroom time, and of course all the students who supported the event by spending money at our stalls and events.

Foundation Pyjama Breakfast

To celebrate the end of a fabulous year in Foundation, we will be having a Pyjama Breakfast at school tomorrow, Friday 9th December. Foundation students and their teachers will be coming to school in their pyjamas and having breakfast together within the Foundation classrooms. The breakfast will commence at 8am and conclude at 9am.

Lost Keys

These keys were found on Wednesday 7th December @ 4.30pm by the gate near the hall and the pick-up area. Please see the office staff if these are yours.
The Oak Leaf

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WOW AWARDS

Term 3

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School Council President Rory Sercombe  rorysercombe@hotmail.com
OSHC Coordinator Julie Andrews     aftercare@oakparkps.vic.edu.au
What's a normal amount of sleep?
Fact Sheet

Getting the right amount of sleep is really important to restore energy to our body and brain. But what's the normal amount? There are signs that indicate you're sleeping well, and other signs that can indicate you're sleeping badly or not enough. If you're sleep deprived there are things you can do to get back to a normal sleeping pattern.

A normal amount of sleep can feel like:

- Being well rested when you wake up
- Not being tired during the day
- Having enough energy and an ability to focus

What's the right amount of sleep?

Getting the ‘right’ amount of sleep is really important to our physical health and emotional well-being, as it restores energy to our body and our brain. In the longer term, not getting enough sleep can increase our risk of developing high blood pressure or diabetes and can reduce mood.

So what’s a normal amount of sleep then? After a lot of research, experts have developed guidelines around how much sleep people should get at night. These are:

- Adults should get 7-8 hours per night
- Up until someone reaches full maturity (around 22 or 23 years of age) they need more sleep than adults do; about 9 hours of sleep per night

Our teenage years are a period where there is a lot of rapid growth going on in the body, including in the brain. These extra hours of sleep each night allow the body to work on the final development of the brain and other parts of the body.

However, keep in mind that everyone is different. Some people will find the recommended amount of sleep isn’t enough to keep them from becoming drowsy and losing focus during the day. While others will find they need fewer hours sleep than the recommended amount every night and can function perfectly well. As a general rule, however, it’s a good idea to try to get as close as possible to the recommended 9 hours.
Signs you’re getting enough good sleep

• You fall asleep within 20 minutes of lying down
• You don’t usually wake up more than twice a night (which you may not even remember)
• You don’t feel tired during the day
• You’re able to focus on what you’re doing
• You have enough energy throughout the day

When you’re not getting enough sleep, or you’re sleeping badly
There are some tell-tale signs that you’re not getting enough sleep. Interestingly, most people nowadays are actually sleep deprived to some degree.

Signs you’re not getting enough sleep include:

• Having trouble paying attention a lot of the time
• Having trouble concentrating on mental tasks
• Have a reduced memory
• Being more grumpy or moody
• Having slower reactions to things than what is normal
• Feeling consistently drowsy throughout the day

What to do if you’re not getting enough sleep

It’s really important for our body and mind to get the normal amount of sleep. Things you can do to help you get the right amount of sleep are:

• Get into a sleeping routine. There are a whole bunch of things you can do to get yourself into a sleeping routine, including setting specific times that you go to bed and wake up each day. See the ‘getting into a sleeping routine’ fact sheet for more info.

• If you miss out on sleep, get back to your normal sleep pattern as soon as possible. If you’re sleep deprived, it’s not simply a question of sleeping a whole lot more the next night to catch up - try to get back to your normal pattern of sleeping as soon as you can. Keep in mind that we don’t ever adapt to getting less sleep than we need. Lots of people are used to not having enough sleep, but their judgement, focus, reaction time, and energy are all still impacted.

• Avoid naps. You want to be tired at bed time, and if you have a nap during the day, you may not be able to get to sleep later, meaning that you’ll be sleep deprived again the next day. It’s much better to go to bed earlier if you are really tired as one period of sleep in any 24-hours is much better for mood and refreshment.
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If you are exhausted all the time, no matter how much sleep you’re getting, there may be something else going on. It’s worth visiting a GP – they’ll be able to check that there’s nothing else going on, and will have some tips for you on what to do.