

BULLETIN



East Bentleigh
Primary School

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Term 1 / Week 7 : 16th Mar 2023

SCHOOL VISION: East Bentleigh Primary School provides a rich, inviting, child-focused environment ensuring that all students feel safe and stimulated. Our students are able to achieve their full academic, creative and social potential, equipped for the challenges of lifelong learning. Students develop into healthy and confident individuals, actively contributing to the world in which they live.

At East Bentleigh Primary School we are committed to child safety.

Hello everyone,

I hope that families were able to enjoy the magnificent weather over the Labour Day long weekend and managed to get out and about our wonderful environment, enjoying all Marvellous Melbourne has to offer. If you're like me and are not too keen on the Moomba crowds a lovely walk and afternoon tea in the beautiful Dandenong's is a wonderful alternative.

Sleep Health For Kids

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 <https://www.sleephealthfoundation.org.au/sleep-tips-for-children.html>. Why sleep is so important, from the Kids Helpline's <https://kidshelpline.com.au/teens/issues/why-sleep-so-important#:~:text=Sleep%20lets%20your%20mind%20recharge,can%20make%20you%20more%20alert>. Sleep explained, from the Better Health Channel <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep>.



National
**RIDE2
SCHOOL
DAY**
Friday 24 March
2023

Ride2School Day- Friday 24th March

East Bentleigh Primary School is excited to be celebrating National Ride2School Day on Friday 24 March 2023. National Ride2School Day is the perfect opportunity to establish new healthy habits and promote the many benefits of active travel. On Friday 24 March, we encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go. For more information about the day and its benefits, search National Ride2School Day.

School Council Meeting - 2022 Annual Report - At our first school council meeting for our new parent members, next Monday 20th March at 7pm, we will be presenting the 2022 Annual Report. All are welcome!

Until next time.....Maria Shearn - Principal 😊

East Bentleigh Primary School acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures and to Elders both past and present.

