The Importance of Sleep

by Brendan Gorman

The Importance of Sleep

At the commencement of the year, things are incredibly busy and we see students beginning to settle into their many and varied cocurricular groups, sporting and music commitments, as well as their school and family lives. Sometimes this impacts on a child’s ability to sleep soundly and recharge the batteries needed to ensure they can contribute and learn effectively the following day. To aide your children in enjoying a good night’s sleep, why not consider some of these helpful suggestions?

- Create an atmosphere that encourages sleep with the right level of noise, darkness and comforts.
- Set a regular and (where possible) consistent bedtime.
- Create set routines – read a story, pray and say good night.
- Ensure all technology is removed from bedrooms. Children will be distracted if they have an iPad under their pillow.

Whilst some children need more sleep than others, all children need sleep. We are keen to ensure we are helping our children to be competent learners.

Safety Around the School During Drop Off and Pick Up

I would like to thank those families who are wise and cautious around the school grounds at drop off and pick up time. With over 600 children on site, it is important that we get our children into cars safely and efficiently.

- Please ensure your yellow name card is on display in the car being used to collect children. (If you need another, please contact the School Office).
- Please don’t park in the kiss n drop bay. We need to keep this area moving safely.
- Parking is not permitted on the grass area behind OSHC or the grass area next to the Cemetery. In respect of our neighbours, parking is also not permitted next to the Church Hall, off Cordeaux Street.
- The speed limit on School grounds and around the Church is 5km per hour. Thank you for adhering to this.
- Please follow the directions of Staff in yellow safety vests.

We appreciate your support in these matters.

New Students

We would like to welcome the following new students to our school:

Kevin M. (Prep Koalas)
Lachlan R. (2R)
Georgia R. (KL)
Welcome to our New Junior Primary Staff

Mr Nathan Bell teaching 2B.  
Miss Nicole Moir teaching 1M.  
Mrs Jacqueline Alldis teaching 1A.

Parental Polyglots
An Opportunity for You!

by Justine Holmes

In case you are not sure what that means, allow me to explain! It is the title of a funding venture being supported by the Commonwealth Government through the AISNSW.

What it really means is an exciting opportunity for you, as members of our St Peter’s School Community, to learn the language your child is learning at school.

Have you ever wondered just what your children are trying to say when they tell you what they learned in German today? Have you ever tried to pronounce those French phrases when your children bring their work home?

We have received funding to enable us to run courses for you so that you can learn languages alongside your children.

We will take the opportunity to share with you, why learning languages is so beneficial for everyone, and how our Languages Program at St Peter’s is designed.

Most importantly, you will have the opportunity to participate in learning languages yourself! That’s right, you will get to learn German (later we hope to offer French as well) in similar ways to how your children are learning in the classroom.

There will be lots of fun videos, songs, and other activities to make the words and phrases stick in your mind. This will give you the confidence to support your children in their language learning. If you already speak some German, that’s even better, as you will help enhance German speaking in our activities.

At this point, we would like to find out who is interested and what times would suit best. Frau Holmes hopes to run a daytime class, and if there is interest, an evening class as well, for those families juggling work / family / life!

Lessons will run for 45 min - 1 hour, for approximately 6 -8 weeks. Even if you can only commit to a few weeks, please join us, as you will still benefit!

The current possibilities are: Tuesday 9.30 am, Thursday 11.15 am or Thursday 3.15 pm (we could make this a real German “KaffeeKlatsch” which would be fabulous!).

If you are interested, please email Frau Holmes on jholmes@stpeters.nsw.edu.au and let her know which day / time would suit you best.

If evenings would suit you better, could you please email Frau Holmes with your preferred time/day and we will work out the best evening for a class.

Student Travel Passes

We have been advised by Interline Bus Service that the opal card moratorium finishes on Tuesday, 1 March 2016. Students should be notified that, when entering and departing their bus, they must tap on, then off.

Library

by Sandra Busutel

Reminder

Please make sure your child has their library bag and book with them each week as they will be unable to borrow if they do not return their book (Prep to Year 4 only). Years 5 and 6 only need their book, a bag is not required.

Our Kids in the Cyber World

Information Sessions
Tuesday, 1 March

Venue: School Hall
Session 1: 9.00 – 10.30 am
Session 2: 6.30 – 8.00 pm

• What are your children accessing?
• What are we as a School doing, teaching and enforcing?
• What can you do at home?

St Peter’s will run two information sessions for parents only. We ask that you make alternative arrangements for your children.

Please RSVP to the School Office or via email at administration@stpeters.nsw.edu.au.
Music
by Jane Flack

Training Band
As I mentioned in last week’s newsletter, there are a number of instruments available to hire for our current band program. We would like to invite parents of students from Years 3 and 4 to write an expression of interest to Mrs Pollett, who will then provide further information about the process and options available. Within your expression of interest we ask that you indicate your child’s instrument preference using a scale of 1-9 (1 being most desired). Please understand that we have a limited number of instruments available so it will be based on the order of when notes are received by Mrs Pollett.

Instruments include: flute, trumpet, clarinet, saxophone, percussion, bass guitar, baritone, euphonium and tenor horn.

If your child already owns a band instrument they can use, and do not need to hire, please also state this in the letter.

Notes must be received by Friday, 4 March (Week 6) and be given directly to Mrs Pollett by the students.

'Introduction to Strings' Program
Mr George Kowalik, our Strings Conductor, will be running the 'Introduction to Strings' program each week from Monday, 22 February (Week 5) in the School Hall and conclude Monday, 4 April. The cost is $100.00 (payable on the first day). Each student will be loaned a violin for the duration of the program. Introduction to Strings is open to all students from Years 1 to 6.

Please contact Mr George Kowalik on 0418485210 to join.

Sport
by Fiona Hornman

Healthy Habits
Why is breakfast important?

- Children who miss breakfast are more likely to have a greater risk of being overweight or obese.

Eating breakfast helps children learn and establish healthy eating habits early in life.

IPSSO Sport
This week games were against Wollondilly Anglican College. Results were as follows:

Junior Sport

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<th>SPORT</th>
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<th>SPAPS</th>
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<td>Oz Tag</td>
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<td>Cricket</td>
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<td>Soccer</td>
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Senior Sport

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<tr>
<td>Soccer</td>
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Players of the Match:
Junior Basketball: Jack C.
Senior Basketball: Alexandra W.
Junior Oz Tag: Logan D.
Senior Oz Tag: Blake W.
Junior Cricket: Charlie L.
Senior Cricket: Amath A.
Junior Soccer: Taylor D. and Aurelia G.
Senior Soccer: Reijeli R.

Next week
St Peter’s will play against Oran Park Anglican College.

Oz Tag and cricket are at Bradbury Park, Basketball is at St Peter’s and Soccer will be at Hurley Park.

Game times:
Years 3 and 4: 12.00 noon – 12.45 pm.
Years 5 and 6: 1.05 pm – 2.05 pm.

Swimming Carnival Wrap Up
Once again the sun was shining for the St Peter’s Swimming Carnival held at the Gordon Fetterplace Aquatic Centre last Thursday. The students had a wonderful time be it cheering, racing or taking part in novelty races. Carnivals are an excellent opportunity for all students, regardless of athletic ability, to be part of a team and contribute to their house through cheering or racing.

The winning House on the day was Roxburgh, with Cumberland in second, followed by Cook, Bligh, Durham and Argyle.

Durham was the winner of the house spirit award.

The Age Champions were as follows:


12 Years Girls: 1 Abbie H. 2. Sandrine M. 3. Abbey D.

42 students qualified to represent St Peter’s at IPSHA to be held on Wednesday, 2 March at Homebush Aquatic Centre. Notes will come home shortly and if you would like to assist on the day, please return the parent helper section of the permission form.

Football Development League

FDL kicked off last Monday. There is a limited number of places still available. Please check with the School Office on 4627 2990 or email administration@stpeters.nsw.edu.au to register your child/ren if you would like to take advantage of this opportunity.

Kindergarten to Year 2 classes run every Monday morning from 7.30 - 8.30 am. Year 3 to 6 classes run every Thursday morning from 7.30 - 8.30 am.
House Update

Buddy Groups

Earlier this week, Mrs Stelzer and Mrs McDonnell attended some professional development with Peer Support Australia. A focus of this day was an introduction to the strategies used to train Year 6 students to become leaders of small groups of students from Kindergarten to Year 5. We will now be looking at which of these strategies we can implement to assist our Year 6 students as they begin their time leading Buddy Groups.

There was also the opportunity to speak with other participants who have this program running in their schools and to gain from their experiences. We look forward to conducting some formal leadership training with all of Year 6 as the term progresses.

We will be holding our first “House Colour Day” next Friday, 26 February. Students are encouraged to come to school wearing House coloured clothing. We would love students to begin purchasing the new House Polo T-shirts from the School Shop, to wear on this day.

All students will participate in a picnic lunch in their House area, particularly spending time with their Buddy group in a more informal setting. Junior Primary students will stay in their House colour clothing for the disco in the afternoon.

Road Safety

The safe conduct of motorists, either driving through or parking in school zones, is of paramount importance to our community. This will ensure the welfare and safety of our school children and other pedestrians, particularly during school starting and finishing times.

Campbelltown City Council have provided the following school zone parking offences for information:

![School Zone Parking Offences](image)

New Nurse

We welcome Mrs Nyree Keats as our new School Nurse who commences on Monday. Mrs Keats will job share with Mrs Jody Francisco (currently on LSL for Term 1). We thank Mrs Margaret Larkin for covering Mrs Francisco for the remainder of Term 1.

Prep 2017

Parents, a reminder that all applications for children entering Prep in 2017 need to be submitted as soon as possible. Places are limited, act now to ensure your child does not miss out.

Chapel

Parents, grandparents and friends are invited to join their children for chapel throughout the week in St Peter’s Church. The doors open at about 8.50 am and you are welcome to come with your coffee and enjoy this special start to the day. The children arrive just after 9.00 am for an enjoyable, thought provoking Bible teaching time by the church staff.

Tuesday: Years 3 and 4
Wednesday: Years 5 and 6
Thursday: Kindergarten
Friday: Year 1-2

P&F

The first P&F meeting will be held next Wednesday, 24 February at 7.00 pm in the Board Room. An election will be held for the position of President of the P&F, Vice-President and all other positions. Anyone interested should contact Mr Gorman in the first instance.
## Calendar Reminders

**TERM 1: 29 January – 8 April**

### Week 5
- **Monday 22/2/16**
  - Yr 6: Taste of High School Day – BAC
- **Tuesday 23/2/16**
  - Year 1: People who help us day
- **Wednesday 24/2/16**
  - P&F Meeting: 7.00 pm
- **Thursday 25/2/16**
  - Yr 3 – 6: FDL: 7.30 am
  - Friday 26/2/16
    - House Colour Day: 9.00 am – 3.15 pm
    - K – 2 Disco: 3.00 – 4.00 pm
    - 3 – 6 Disco: 4.30 – 6.00 pm

### Week 6
- **Monday 29/2/16**
  - K – 2: FDL: 7.30 am
  - Junior Primary Assembly: 11.30 am
  - Primary Assembly: 2.30 pm
- **Tuesday 1/3/16**
  - Parent Information Session 1: 9.00 am
  - Parent Information Session 2: 6.30 pm
- **Wednesday 2/3/16**
  - IPSHA Swimming and Diving Carnival
- **Thursday 3/3/16**
  - Yr 3 – 6: FDL: 7.30 am

### Week 7
- **Monday 7/3/16**
  - K – 2: FDL: 7.30 am
  - Parent Teacher Interviews: Beginning at 3.30 pm
- **Tuesday 8/3/16**
  - Twilight School Tour – 4.30 pm
- **Thursday 10/3/16**
  - Yr 3 – 6: FDL: 7.30 am
  - Prep 2016 Parent Teacher Interviews: Beginning at 3.30 pm
  - Prep 2017 Information Night: 6.00 pm
  - Friday 11/3/16
    - Cross Country

### Week 8
- **Monday 14/3/16**
  - K – 2: FDL: 7.30 am
  - Junior Primary Assembly: 11.30 am
  - Primary Assembly: 2.30 pm
- **Tuesday 15/3/16**
  - Yr 6 Leadership Camp
- **Wednesday 16/3/16**
  - Yr 6 Leadership Camp
- **Thursday 17/3/16**
  - Yr 3 – 6: FDL: 7.30 am
  - K – 6: Grandparents Day
  - Saturday 19/3/16
    - Prep 2017 Enrolment Interviews

### Week 9
- **Monday 21/3/16**
  - K – 2: FDL: 7.30 am
  - International Day
- **Tuesday 22/3/16**
  - Whole School Easter Chapel
  - CIS Swimming and Diving Carnival
- **Wednesday 23/3/16**
  - P&F Meeting – 8.30 am
- **Thursday 24/3/16**
  - Yr 3 – 6: FDL: 7.30 am
  - Friday 25/3/16
    - Good Friday

### Week 10
- **Monday 28/3/16**
  - Easter Monday

### Week 11
- **Monday 4/4/16**
  - Whole School Assembly – 11.30 am
- **Friday 8/4/16**
  - Last day of Term 1

### The School Prayer

Jesus, our Master and our Friend. You came to show us the truth and to teach us the way of life; Send your blessing on our School. Guide by your Spirit, the children and their parents, the teachers and staff, and the Schools’ Council. As we work together with one another and with you, may St Peter’s Anglican Primary School be a place where children learn and where all discover the true meaning of ‘Life through Christ’.

_Amen_

### Prayer Points

1. Give thanks for the wonderful learning opportunities here at St Peter’s.
2. Give thanks for the settled start our kindergarten students have made.
3. Pray for those families experiencing hardship at the moment.

Follow us on Facebook and Twitter.

[https://www.facebook.com/stpetersaps](https://www.facebook.com/stpetersaps)
[https://twitter.com/stpetersaps](https://twitter.com/stpetersaps)

St Peter’s Anglican Primary School is a ministry of Campbelltown Anglican Churches.

Church at Ten is held in the School Hall on Sunday mornings at 10.00 am.

Please call the Church Office on 4625 1041 or email office@campbelltownanglican.org.