Cessnock Public School
‘PERFECT PAGE’
The weekly newsletter of Cessnock Public School
Go for Learning, Go for Respect, Go for Safety - Go for Gold!!!
Term 2, Week 8: Tuesday, 9th June, 2015

Dear families,
This week I wanted to share an article I read recently called “Good, Sound Sleep for Your Child.”
“Making sure your child gets good, sound sleep ensures he or she will have a sound foundation for proper mind and body development.
Sleep is no less important than food, drink or safety in the lives of children. Although this may seem apparent, of us actually do not allow our children to get the critical sleep they need to develop and function properly.
It’s not something we do on purpose. As a matter of fact, we often don’t think much of it, and that is the problem. With parents working long hours, schedules packed with school, after school activities, and other life style factors, bedtimes are pushed back and nights may be anything but peaceful.
Going to bed a little late may not seem like a big deal, but it is. It all adds up, with consequences that may last a lifetime……
Sleep is the power source that keeps your mind alert and calm. Every night sleep recharges the brain’s battery. Sleeping well increases brain power because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best.”
Some experts recommend around 10 hours sleep for children of school age.

How much sleep is your child getting?

Have a good week & as always please contact either the school staff or myself if you have any concerns.

Kind regards,
Jenny Rozynski
Principal

PBL Corner – Week 8
Due to this being a short week, students continued the lesson from last week with the focus on learning calming techniques by participating in a Rock and Water activity called “There’s a Fly on Your Nose”, which teaches the ability to ignore distractions and remain focused on the job at hand.

Times Tables Competition - Postponed
Due to circumstances in a busy school life we have decided to postpone the Times Tables Competition till Monday 20th July (Week 2 Term 3). This will give the students the holidays to practice and teachers will be running class competitions to learn the contestants in this annual event.

Administering Medication at School
School staff can only administer medication at school which is prescribed by a doctor. The medication bought in must have a pharmacy label attached which identifies the student, the dosage and time of day to be administered.
Parents/carers will need to bring the medication to the office and complete the forms required for administering of medication.

Books in Homes Presentation Assembly
On Monday 15th June at 9:45am. The Newcastle Permanent Building Society, the sponsors of the program, “Books in Homes” will be presenting students in Kinder to Year 3 with three books each to take home.

Hunter Life Education – 16th to 24th June
The aim of Hunter Life Education is to challenge students’ values and attitudes, expand their knowledge and develop their skills. They motivate, encourage and empower students to exercise real choice – and make informed healthy lifestyle decisions.
Please make your payment of $5 at the office for your child to attend this educational program before Wednesday 16th to ensure your child is included when their class is timetabled to attend.
Lost Property
The lost property tub is over flowing in the infants building. Please come and look through if you are missing items. Most do not have names and will be put in our school uniform pool or donated to charity at the end of the term if not claimed. Also, parents please check your child has brought home the right jumper or hat as often this is how items are misplaced.

Breakfast Club.
From 8.15 am to 9.15 am located in the building opposite Cooinda, students can have a healthy breakfast for a coin donation. Cereals, scrambled eggs, yoghurt and toast are served by volunteers each weekday. Students also experience social interaction with their peers, use of table manners and develop domestic independence.
If you are interested in volunteering in Breakfast club please see the front desk for more information.

School Contributions
Our school keeps this cost as low as possible and so this year they are set at $40.00 for all students. This amount covers school resources to continue valuable programs and innovations, especially around technology.
Please pay at the office as soon as possible, by cash or cheque.

Term Reminders - Term 2

Week 9
Monday 15th June - 9:45am Books in Homes Assembly
Monday 15th June - ICAS Writing
Tuesday 16th June - ICAS Spelling Tuesday 16th June - Hunter Life Education starts

Week 10
Monday 22nd June - Principal Award Assemblies
Thursday 25th June - So You Think You Can Dance

Community News Flyers are available for viewing on the school website.

Thought for the week: You are never too old to set another goal or to dream a new dream.
C.S. Lewis