



# Mallacoota P-12 College

## Newsletter

Wednesday, 19th March 2014

Week 8 of 10

### March Birthdays

25th - Maisy Molan

26th - Emma McNamara



### Dates to Remember

March 20th - SRC Meeting

March 24th - School Council Meeting

March 25th - Photo Day

March 28th - Reports mailed out to parents

April 3rd - SRC Meeting

April 4th - End of Term 1

School finishes at 2.15pm

Tues April 22nd - Term 2 begins

- Immunisations

April 23rd - Parent/Student/Teacher Interviews P-6

April 24th - Parent/Student/Teacher Interviews P-12

April 25th - ANZAC DAY

- no students required at school

**'A little nonsense now and then, is cherished  
by the wisest men.'**

**Roald Dahl**



**Farewell Liz** – Last Thursday a grand group of Staff, Parents and Students, both present and former, gathered at school for Liz Girvan's farewell function. Reminiscing and speeches held sway, then it was on to the food ably prepared by the Mallacoota Butchers and Darren Fellows. Liz has given 32 years to Mallacoota – and with that goes the myriad of memories and connections. On behalf of us all at Mallacoota P-12, thanks Liz and we wish you well in your next adventures.

### School Council Elections

I am happy to announce that, at the conclusion of the election process, the following have been successfully elected to School Council:

- DEECD category
- Luke Molan
  - Peter Embleton
- Parent category
- Don Ashby
  - Jade Nolan
  - Trindi Suratman

Thank you to each of these nominated reps.

### Is your teenager sleep-deprived?

2014 Michael Grose

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young

person fresh to maximise their future learning. Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don't function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this. Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up. One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at



# Mallacoota P-12 College

## Newsletter

their best (or at least awake) when they are at school. The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school. Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

### Good sleep habits include:

- 1. Regular bed-times.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
- 2. Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and (and Computers and phones, especially here at Mallacoota) other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3. An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
- 4. Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
- 5. Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle). Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

### Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.

3. Discuss ways to limit stimulating activities such as television and computer around bedtime. (Phones and ipads seem to be a bed item for many at Mallacoota!) Encourage restful activities such as reading.

4. Afternoon naps are good ways to recharge their batteries.

5. Make sure they go to bed early each Sunday night to prepare for the coming week.

Have a great week

Tim

---

## From the Office

Parents and guardians are reminded that the school does not provide personal accident insurance or ambulance cover for students. Parents / guardians of students who do not have student accident insurance are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Flyers have been received from EBM Insurance Brokers who are providers of student insurance. Collect one from the office if you are interested.

## UNIFORMS

New stocks have arrived of Uniform skirts, hoodies, polo shirts and most shorts/long pants so come along to the College office and check out our supplies. Some prices have increased slightly.

Located on the corner of Hunter St and Betla Rd, the secondhand Uniform shop is open every Monday and Tuesday afternoon from 2.25pm - 3.25pm.