Welcome back. I hope everyone had a great holiday and students are raring to get into some exciting learning that is scheduled for this term.

We welcome Saxon Kai Romanowycz, born on March 24th into the Elliston community. Congratulations to Stevie and Todd.

The following is some findings from research into sleep patterns.
“…Research shows 40% of children have poor sleep schedules and 20% are sleep deprived. Sleep is vital for healthy bodies and minds, but worrying research shows one in five Australian children don’t get enough of it. The message for kids will be: ‘Better sleep, better health, better learning’…”

HOW MUCH DAILY SLEEP DO YOU NEED?
Source: Sleep Health Foundation
- Newborns (up to 2 months) 12 - 18 hours
- Infants (2 months - 1 year) 14 - 15 hours
- Toddlers (1 - 3 years) 12 - 15 hours
- Pre-schoolers (3 - 5 years) 11 - 13 hours
- School age (5 - 12 years) 9 - 11 hours
- Teenage (12 - 18 years) 8.5 - 9.5 hours
- Adults 7 - 9 hours

SIGNS YOU’RE NOT GETTING ENOUGH SLEEP
Irritability, low moods, hyperactivity, sleepiness, poor attention span, craving sugary foods, argumentative, short temper, low tolerance.

THE 10 COMMANDMENTS FOR BETTER SLEEP
1. Go to bed at the same time every night, preferably before 9.00pm
2. Have an age-appropriate nap schedule
3. Establish a consistent bedtime routine
4. Make your child’s bedroom is sleep conducive – cool, dark, and quiet
5. Encourage your child to fall asleep independently
6. Avoid bright light at bedtime and during the night, and increase light exposure in the morning
7. Avoid heavy meals and vigorous exercise close to bedtime
8. Keep all electronics, including televisions, computers, and mobile phones, out of the bedroom and limit the use of electronics before bedtime
9. Avoid caffeine, including many fizzy drinks, coffee, and teas
10. Keep a regular daily schedule, including consistent mealtimes

I hope these may provide you with some strategies to support you and your child with getting plenty of sleep necessary to optimize learning.

The West Coast School Surf Competition (WCSSC) will be held on next Monday, 5th May, Week 2 at or near Streaky Bay. Chad Fleming is organising our students to compete in this surfing opportunity and Deidre Chapman will be providing supervision.

Good luck to our netball and footballers trying out at the SAPSASA trials at Lock on Wednesday. Kristy Newton will be assisting with selection and coaching the Netball in Adelaide this year.

Enjoy the first week back.

Cynthia O’Neil
Principal

NAPLAN (Literacy and Numeracy) testing 2014 for Years 3, 5, 7 and 9 students will be held in Week 3, Term 2 on Tuesday 13th, Wednesday 14th and Thursday 15th May.
STUDENT I.D. CARDS
A reminder to all Year’s 7, 8 and 9 students. Student I.D cards are ready to be collected from the front office ONCE you have paid $6.50. No cards will be given out unless they have been paid for.

2014 DIARY DATES
26th May       Student Free Day CEAC T and D
18th August    Student Free Day CEAC T and D
15th September School Closure
25th October   Wool Show
17th November  Student Free Day

BIRTHDAYS FOR APRIL
30th            Melanie Hull

Children’s Centre News
- Welcome back! We hope you had a lovely break. We certainly missed seeing the children and their bright faces!
- This week, we will be settling back into Kindy life and revising our skill streaming and previous letters of the week.
- Teresa is away on Tuesday, but we have Sonia who is coming in for the day. Lucky us!
- We have Susan Holland (DECD disabilities officer) coming to visit on Thursday.
- Don’t forget playgroup this Friday 2nd May is cancelled.
- Next Friday there is playgroup from 10am – 12pm. Di Habner, CAFHS nurse will be here during this time.

Thank you.
Tracy and Teresa

ACTIVE AFTER SCHOOL
Football skills at the town oval at 3.30 on Wednesday afternoon. Please bring a hat and drink. Healthy snack will be provided.

Community News

ELLISTON COMMUNITY HEALTH
COMMUNITY COUNSELLOR
Every Wednesday

WOMEN’S HEALTH NURSE
Isabelle Smith
For appointments phone 8687 9012

Government of South Australia
SA Health

Jessica Duncan - Community Health Nurse
Email: jessica.duncan@health.sa.gov

Aboriginal Family Support Services
Aboriginal Family Support Services are currently seeking Foster Carers.
If you can provide a loving, stable, nurturing home environment and can offer Emergency, Respite, Short Term or Long Term Care.
Please Contact Lee Sutcliffe on 8683 1909

ELLISTON GOLF CLUB
12.30pm every Sunday for a hit of golf. All welcome.

Newsletter contributors
Please contact Kerry or Julie by phone 86879167, fax on 86879057 or email
Kerry.Williams910@schools.sa.edu.au

Disclaimer: The opinions in this newsletter do not necessarily reflect those of the Department of Education and Children Services or the Elliston Area School.
## SPORTS CENTRE TEA ROSTER 2014

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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Thank you for your wonderful support of the Elliston Netball and Football Clubs

By you volunteering in the kitchen once per season, your children and the community benefit.