

# HERITAGE COLLEGE

HERITAGE COLLEGE NEWSLETTER 18 AUGUST 2011

## Great Aussie Bush Camp

Due to a power failure yesterday, we are unable to operate our computer network as normal so the format of this newsletter is slightly different today. Variety adds spice to life.

The Great Aussie Bush Camp is being held from this Monday to Wednesday. Students are reminded to bring rain coats in case of rain, and old clothes for getting dirty. Also mess kits and pillows, as well as sleeping bags need to be taken. It should be a great camp for all the students in years 3-10.

On Wednesday afternoon the Senior students will be going on their Gold Coast Camp. A "what to bring" list will be sent home tomorrow.

Sport this Friday will be Ten Pin Bowling at Bateau Bay for the year 6-8 students. The year 9-10 students are on work experience this week. Feedback received so far on those students has been excellent.

Mr Hindmarsh is following up students that are not wearing the correct uniform. He is also rewarding students who are consistently wearing the correct uniform.

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## Scott Westcott visits school

Marathon runner Scott Westcott visited our school yesterday to speak to the students about his experiences as a marathon runner and how important it is to discover your personal strengths and pursue your goals. Scott has competed in the Commonwealth Games and is now involved in organising Little Athletics in Wangi and also is involved in organising athletics

events held at Glendale Athletics stadium.

Scott spoke to the Primary class and the middle school class and also led some interesting sporting activities in the ball court in the front of the school.

Thank you to Yvonne Puller for organising the special activity. Anyone interested in Little Athletics can contact the office.



Students at the new school site in Ironbark Road. The students are enjoying the green grass and the shade of the Ironbark trees on the beautiful new block of land.



Students from the Primary Class are seen here hugging an Ironbark Tree on the new school site in Morisset.



THE NEW SITE IS ONLY A FEW MINUTES WALK FROM THE FORESHORE OF LAK MACQUARIE

## Continued from page one ...

by **Simon Dodson**

Principal

Mr Hindmarsh has noted in his uniform inspections that some students are not wearing the correct shoes. Parents are asked to please buy proper leather school shoes next time school shoes are on the family shopping list.

The Fair is only 3 weeks away. Thank you to those who have volunteered their services for this year's fair. All the funds raised will be going to the new school site, which is fantastic. Please contact Rachel Madden if you can help in any way at all.

The School Photos are being taken on 1 September.

The Mary Poppins Excursion is scheduled for 31 May.

Mat Witshire had to be medivaced out of Vanuatu due to an infected coral cut on his leg. He is currently in the Brisbane Hospital and we pray for his full recovery.

**Simon Dodson, Principal**

## Some students



## Interesting Facts About Sleep

If you have a spare couple of minutes, you might like to read some interesting and important facts from a presentation I attended last Thursday on 'The interrelationship between media usage and sleep on the wellbeing of children and young people'. I hope you find it helpful ~ Miriam Hardy.

### Sleep requirements

- 5 - 6 year olds should be getting at least 11 hours sleep a night.
- 7 - 10 year olds should be sleeping for at least 10 hours a night.
- 11 - 18 year olds (yes, 18!) should be getting 9 hours a night!

### Why is sleep important?

- Sleep exists in 2 phases: REM (Rapid Eye Movement) and Non REM.
- REM is necessary for learning and memory consolidation.
- Non REM is necessary for growth, repair and recharge of body and brain.
- Both are essential for brain development and rest.
- The prefrontal cortex of the brain is still developing in adolescent brains.

### What happens when we don't sleep?

- Performance deficits
- Emotional instability
- Behavioural problems
- Increased stress levels (decreased ability to cope with, and solve problems).
- Increased risk of sickness

### How media affects sleep (television, computers etc)

- Reduces sleep quantity
- Particularly when viewed at night, close to bed time it can: increase affective arousal, be emotionally disturbing, be overly visually stimulating and cause an increase in nightmares.
- Disrupts basic sleep physiology: Increased light exposure (blue light) and noise contributes to wakefulness and sleep phase changes.

Results of a recent study found that the more children watched TV, the less they slept and the later in the evening they watched it, the more detrimental it was to their sleep.

### Moral of the story:

**More Sleep – Less Media! 😊**

# Primary Post

by Felisa Simkus

Students continued to write more couplets this week, but they were all about what they would wish for! Here are some examples:

'I wish I had a colourful box,  
I wish it was filled with bright  
coloured socks.'

'I wish I had an extra eye,  
I wish I had a hot apple pie!'

'I wish I could hear a butterfly's  
wing,

I wish the birds would *always*  
sing.'

'I wish I had a pet fish,

I wish I had one more wish.'

## Maths

For Maths we created lots of different 3D Shapes. We made them out of paper (using nets), play dough and match sticks. Students calculated how many edges, vertices and faces each shape had. We also discovered the *mathematical patterns* for prisms and pyramids. We even identified the rules!!

## Great Aussie Bush Camp!

The Primary class is extremely excited about our upcoming camp!! Now don't forget to pack 'old clothes/old swimmers' to complete 'The Lost World'

## STUDENT OF THE WEEK



"She is always positive and really godly."

"She's fantastic at handwriting."

"She is one of the best friends you could ever have."

**Laura Richards**

Activity – it gets extremely muddy, so a strong plastic bag would be a good idea for afterwards.

ALSO – NO ELECTRONICS ALLOWED.

August!! Keep an eye out for Robert Kirkwood, Ruby Madden, Mary Richards and Benjamin Ryan.

Student of the Week is Laura Richards.

Thanks to everyone who is helping with reading.

Don't forget to complete your Premier's Reading Challenge.

## PHOTO WITH COLES!

Four very lucky students were drawn out of a hat from the Primary class to have their photo taken for the 'Lake's Mail' Newspaper to help promote the Coles School Vouchers. We will be featured next Wednesday 24<sup>th</sup>

## COLES SPORTS EQUIPMENT FOR SCHOOLS



Four Heritage College students went to a photo shoot with students from other local schools to mark the commencement of the Coles fundraiser for schools. Parents and Friends can submit their vouchers to the office at school so we can claim the sports equipment at the end of the fundraiser. Woolworths also have a fundraiser so vouchers can benefit our school from wither supermarket.


# Infants Information by Miriam Hardy

Award winners this week were:

Lewis Ryan – showing cooperation and leadership during group work tasks

Jordan McKinlay – Wonderful progress in 'news telling' and talking in front of the class

## ART

Our fishy friends are complete! Infants made fish, octopuses, sharks and whales out of their paper mache balloons. They look great and I was impressed with the creativity of the students! Some of the creatures even have names .

## SPORT

We are learning how to play tee ball this term and have a new tee ball set especially for infants which is exciting! Unfortunately it seems to rain often on a Friday! Last Friday we played duster hockey inside. Hopefully this Friday we might be able to continue our tee ball lessons with our new equipment.

## ENGLISH

In English this week we have been learning how to write a string poem. Here is one that the whole class wrote together yesterday:

Whale, whale, whale  
Blue, grey, dotty whale  
Big, huge, enormous whale  
Singing, gliding, swimming whale

Hunting, eating, breaching whale  
Whale, whale, whale

Students chose to write their own poem on a whale, a shark, a starfish or a dolphin. These will be edited and then published and probably included in the students' portfolios.

News has been great this week with so many poems being shared. It has been lots of fun to listen to each other's poems and we have had some great discussions about poetry. Thanks for helping, parents! Next week is a verse from a psalm. If they are clever enough to learn it off by heart that would be great, otherwise they can bring the verse in on a piece of paper.

## MATHS

We have been learning about position and direction this week and have been helping pirates find treasure on a treasure map, designing a treasure island, playing barrier games where one student has to describe to another how to draw a picture using position words and answering questions about the whereabouts of objects in the room. We have also been having little pop quizzes on 'doubles'. If you can answer the doubles question eg double 5, you can go to lunch!

Mrs H

## Premier's Reading Challenge

Congratulations to the following students for completing the Premier's Reading Challenge:

Charis Luke, Joshua Ryan, Talitha Ryan, Abigail Scott, Zac Alchin, Candace Ryan, Eden Luke, Zachary Luke, Abigail Dangerfield, Harry Luke.

Students have until 26 August to enter your books online. Please ring Dee Tappouras for any help you may need entering your books online.

## FROM THE EDITOR

It's great to see the infants students working so hard each day. We thank the parents for their assistance with their daily home reading. This makes a huge difference to their progress at school. Thank you to the Mums who assist with the reading program at school each day.

Don't forget the Premier's Reading Challenge!