Dear Parents and Carers

LEARNING JOURNEYS – All families are requested to keep Wednesday, 2nd April free so they can participate in the school’s first Learning Journey.

This year the staff have an agreed focus on improving communication between school and homes and the Learning Journey is a new way for the school to provide parents with some feedback on how their children have been progressing throughout Term One. In our Learning Journey, the children will have the responsibility for leading their parents through their class’s Learning Journey and will be coached at school on how this should be done. The Visual Arts, Music and French rooms will also be open for families to visit. Classrooms will open between 6 and 7pm. This will provide families with more than one child at school time to complete the Learning Journey in each room. Teachers will be in their rooms to meet parents and discuss how the class functions and talk about in general how the class is progressing. If parents want to discuss their child’s progress, this is the perfect time to make an appointment to meet with the teacher at a mutually suitable date and time. This type of evening has proven to be very popular with families at many schools and I am looking forward to seeing a huge number of Poseidon parents sharing this experience with their children.

Peter
Peter Blackford
Principal

Thought of the Week
Anger is only one letter short of danger!

You don’t need to join Facebook to see our page! Simply Google Search “Facebook Poseidon Primary School Heathridge” to find our regular posts about upcoming events and school news.
Congratulations to Biljana Wright for being selected as one of only four state finalists in this prestigious education award. Although, she was not selected as the winner the judging panel acknowledged what a very difficult task it was to separate between such high quality and deserving finalists. It is well deserved recognition for Biljana, who we all know is a very dedicated and professional educator and has real passion for early childhood education.

The Sangora Education Foundation is managed by an independent board of trustees with the aim of promoting excellence in education.

**Student Leadership Roles**

It is with great pleasure that I am able to publicise the names of the students who have been selected to perform leadership roles in the school this year. I look forward to working with the Student Councillors and I know Mrs Porro will appreciate the support that the faction captains and vice captains will be able to provide her and the students throughout the year. The students will be presented with their badges at this week’s assembly.

**Student Councillors**

<table>
<thead>
<tr>
<th>Year Seven</th>
<th>Piper Taylor</th>
<th>Ronan Butler</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tiah Squires</td>
<td>Flavius Decan</td>
</tr>
<tr>
<td>Year Six</td>
<td>Chloe Putelli</td>
<td>Rylee Wilkinson</td>
</tr>
<tr>
<td></td>
<td>Danielle Parr-Roome</td>
<td>Kyle Ashworth</td>
</tr>
</tbody>
</table>

**Faction Captains and Vice Captains**

**Oceanus**

- Captains          | Holly O’Neill       | Zak Baseley    |
- Vice Captains     | Christine Moller    | Cameron James  |

**Triton**

- Captains          | Abby Mahon          | Kai York       |
- Vice Captains     | Lydija Leighton     | Jacob Flavelle |

**Antaeus**

- Captains          | Mariah De Rizzo     | Callum Pratt   |
- Vice Captains     | Jaime Dillon        | Connor Hinchliffe |
Metropolitan Support Chaplain

Hello Poseidon Primary School - I, Christoph Urschitz will be your New Support Chaplain! People call me Chris and I’m a Youth and Social worker, Pastor, Chaplain, Cabinet Maker, Husband, Father, Friend and ... well, now also your new Support Chaplain.

My role as a Support Chaplain is to be available to assist with the Pastoral Care and Support for staff, students and families, lending a hand with issues such as conflict, hardship, grief and loss, and to provide mentoring and guidance for social emotional wellbeing when requested. The core practice of our pastoral care is predominantly done through ‘one on one’ informal conversation with students, staff and carers/parents.

I am also available to assist in classes with any existing social/emotional life skills programs the school runs or offer a program known under the name SEE Program, which stands for School Experiential Education and focuses on SEEING Self, Others, Situations and responding appropriately. The SEE program is designed for students to learn interactively in a guided, safe, fun, and in-and outdoor environment about a range of life skills and developing self awareness, self confidence as well as teamwork, communication, problem solving and leadership skills.

Access to the chaplaincy service will be through the Principal and Deputy, who will contact me, as needs requiring my support come to their attention. I work 4 days a week as a YouthCARE Chaplain at Belridge Secondary College and my scheduled visits to Poseidon PS this year will be Monday mornings, however I am available anytime for critical incidences.

I am extremely hopeful and excited about partnering with, and serving your/our school community to the best I can.

Take care and kind regards,

Chris

Behaviour Management

I have included in this edition a summary of the school’s ‘Classroom Behaviour Management Procedures’ so that everyone is aware of the consistent manner in which all teachers manage student behaviour in the classrooms. The most important aspect of this procedure is the first aspect – the establishment of a positive classroom environment in which all students feel safe and happy. This is a real strength for the staff of Poseidon Primary and is crucial to providing every student with opportunities to achieve their potential. Admin staff deal with incidents of inappropriate behaviour that happen in the playground at recess or lunch times to ensure that students feel safe and happy whilst at school. If you have any concerns or questions about any aspect of our policy please don’t hesitate to contact the office to make an appointment to discuss it with me.
Little Athletics State Champion

Congratulations to Jasmine Orton in Year Two, who last Saturday competed in three events, winning gold medals for both the 100m and 200m events.

Well done Jasmine! Poseidon Primary is very proud of you!

Wanted

Miss Ward’s Year 1 and Ms Kasperkiewicz’ Year 1 / 2 classes are in need of the following empty food containers:

- Icecream containers with lids
- Yoghurt pots with or without lids
- Meat trays
- Margarine containers
- Clear takeaway containers with lids
- Any small clear plastic containers with lids

Please deliver these items to Olympus Block Wet Area.

Easter Bonnet Parade

Our annual Easter Bonnet Parade will be held as part of the Easter Assembly on Friday, April 4. Parents are encouraged to help their child to make their own Easter Bonnet at home. The major prizes in our monster Easter raffle will also be drawn that day. Raffle tickets will be coming home with your child shortly, and will also be available before school from the P & C desk in the Undercover Area.

Parenting Ideas

This week’s parenting ideas is on reducing our national sleep debt. Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.
P & C News

We have lots of great P & C events coming up in the next few weeks ....

Family Movie Night

CHANGE OF DATE!

Cat in the Hat

Due to the senate election, we have a new date

Saturday, May 24 in the Undercover Area

More details coming soon!

Year 3-7 Sundowner

After the success of the Early Years Summer Sundowner, it’s Years 3 to 7 families turn on Friday March 21 from 4 to 6pm! Join us for an afternoon of cricket and fun. Pack your esky with drinks, we’ll fire up the BBQ for the sausage sizzle and let’s pitch parents and teachers v students on the crease.

Please let your class teacher know if you can make it – we’d love to see you there! Check the flyer at the end of the newsletter for more details.

Easter Raffle Donations

This year’s Easter Raffle will be drawn at the Easter Assembly on Friday April 4 and is only three weeks away! We are in desperate need of easter eggs, easter rabbits, clean baskets, new soft toys, cellophane and ribbons for our Easter Raffle.

Could every family please donate at least one egg, so we have loads of prizes. We like to have many small prizes (rather than one big prize) so everyone has a better chance to win. Please drop off your egg donations at the Front Office as soon as possible.

Election Day BBQ Stall

The State Election will be held on Saturday April 5 and we need volunteers to help run our bbq stall, creating the famous Poseidon Bacon and Egg Burgers. This is a fantastic fund raising event – last election day we made over $1500 for the school - and we need your help to make this one even more of a success. We will be selling bacon & egg burgers, REAL coffee, cold drinks and popcorn, along with lots of great plants.

The bbq stall will operate between 8:00am and 4pm, with at least four people needed for each hour of the roster. If you can spare half an hour, please add your name to the roster on the P & C noticeboard (next to the canteen). Alternatively, you can send an email to poseidonpandc@gmail.com with your preferred time slot.
School Banking

Addy the Dollarmite came to visit Poseidon today and our students had fun learning about saving their pocket money.

Our School Banking Program continues to grow, and is a fun, engaging way for kids to learn lifelong money-management skills. Students receive a Dollarmites token every time they make a deposit to their savings account at school, which they can redeem them for a variety of reward items such as handballs, scented pencils, swimming bags and sea streamers. It's a great way to encourage our students to save more regularly.

To find out more about the Dollarmites and the School Banking Program, come and chat with our School Banking Co-ordinator Terase McDonald on mornings from 8:10am to 8:30am in the Undercover Area.

Contact the P & C

If you are interested in finding out more about what the P & C is, what they do and how you can be a part of it, come along to one of our meetings on the third Wednesday of each month at 7:00pm in the staffroom. We are also on Facebook - simply search for Poseidon Primary School P&C and request to join our group. Or you can contact us via email at poseidonpandc@gmail.com.
CLASSROOM BEHAVIOUR MANAGEMENT PROCEDURES

Classroom Groundwork
Establish a positive set of simple classroom rules.

Step 1.
First Infringement - Warning and reminder to the student.

Step 2.
Second Infringement - Student’s name is written on the board.

Step 3. *(Think Spot)*
Third Infringement - Cross beside the student’s name on the board.
The student then goes to the *Think Spot* to think about their behaviour.

**Think Spot** is a single desk located in each classroom with the class rules on display above the *Think Spot* desk.
If the student is compliant they may rejoin the class. If they are not compliant or they are arguing “In Class Time Out” is the next step. A student may be timed out in a classroom *after* having gone through all of steps 1, 2 and 3.
Timeout students may listen to classroom lessons but do not participate. Students do not go to specialist areas until they have made a commitment to follow an agreed plan. Non-compliant students are to be sent to Admin.
If a student disrupts the class while in Time Out they are to be sent to Admin.

Step 4. (“In Class Time Out”)
Fourth Infringement - Student’s name and cross are circled on the board.
This clearly indicates that the student has now reached “In Class Time Out”.

During this time counselling will take place and a student will complete, in clear detail, an “In Class Time Out” sheet which is to be taken to the office for the Admin to sign. This form is then sent home for signing. The details of the incident will be entered into the Student’s Activity Report in SIS.

Step 5. (“Out of Class Time Out”)
If the student still does not comply with the classroom rules then “Out of Class Time Out” applies.

The former music room will be utilised as the Time Out room. A student may remain in this room until the completion of the current half day (e.g. morning session until lunch time, afternoon session until home time.)
A conference between the Principal, Classroom teacher and the student will take place before the student is admitted back into the classroom.

Should disruption continue “In School Suspension” is the next step.
At this stage the student should realise that there are only two alternatives, return to class and follow the rules or remain out of class.
“In School Suspension” forms will be sent home to parents from the Admin Staff and the Student’s Activity report updated. The length of the “In School Suspension” will be half a day for the first incident and will increase each time a student is placed on “In School Suspension”.

**Suspension**
A severe clause exists which allows staff to bypass the MSB procedure and send a student straight to Admin. Severe inappropriate behaviour will result in suspension of the student. The duration of the suspension will be negotiated between the teacher and Admin.
Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, 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.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. **A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. **A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. **Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. **Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
Summer Sundowner
Friday 21 March
From 4pm - 6pm

After the success of the Early Years Summer Sundowner Poseidon P&C now invite those families in years 3 - 7 for an afternoon of cricket and fun.

Pack your eskie with your drinks, we’ll fire up the BBQ for the sausage sizzle and let's pitch parents and teachers v students on the crease.

Please let your class teacher know if you can make it.

We look forward to seeing you there.

What: Poseidon Primary P&C Sundowner
When: Friday 21 March 2014
Where: Poseidon Primary Oval
Time: 4pm - 6pm
Other: BYO Drinks
Sausage Sizzle (gold coin donation)
Election Day Fundraiser

Volunteers needed

Saturday, 5 April 2014
Poseidon Primary School

I have some time available to help
I want to assist the P&C and support the school
A great fundraising opportunity
I can meet other parents at the school and have some fun
I have put my name on the roster next to the canteen or;