STUDENT LEADERS ANNOUNCED!
There were many great applicants! Well done to all. Positions were awarded as follows:

**Year 10:** School Captains: Dylan, Michael
School Vice-Captains: Tully, Claire
Student Leaders: Brittany, Georgia

**Year 9:** Junior Secondary Captains: Caitlyn, Danni, Shannon
Student Leaders: Sam, Amy, Chloe, Sarah

**Year 6:** Primary Captains: Ali, Holly, Mark
Student Leaders: Erin, Amy
Congratulations to all.

Swimming Carnival Age Champions presented with medals this week

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<tr>
<th>STUDENT OF THE WEEK</th>
<th>STAR OF THE WEEK</th>
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<tr>
<td>P/1</td>
<td>Charlotte</td>
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<td>Lachlan M</td>
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<td>4/5</td>
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<td>10</td>
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**SPOT ON WINNERS—Week 4**

P / 1  Jack, Charli, Britney  
2 / 3  Ella O, Marrissa, Georgina  
4  Boyd, Hamish, Amelia  
5 / 6  Toby, Eloise, Ruby  
7  Tyreek, Hayden, Alaesha  
8  Kate, Sanicha, Keegan  
9  Caitlyn, Danni, Piper  
10  Tearna, Georgia, Kym

**YEAR 5/6 have Icy Cups for sale on Wednesday & Thursday lunch time for .50c**

**WHETSTONE BUS MEETING**
The Annual General Meeting will be held on Thursday 5th March at the Inglewood Bowls Club at 5.00pm. All parents encouraged to attend.

**YURARABA / OMANAMA BUS MEETING**
The Annual General Meeting to be held on Wednesday 25th February at 5.00pm at Lake Coolmunda Caravan Park. All parents encouraged to attend. Date rescheduled.

**FIRST HOLY COMMUNION—CATHOLIC CHURCH**
If your child is Year 3 or above and you would like them to receive the Sacraments, please get a Reconciliation Form (the first step of the process) from Melisa Pietsch. Lessons begin soon with Fr Sean and Reconciliation, First Holy Communion and Confirmation ceremonies will be held over the course of the year.

**INGLEWOOD SWIMMING CLUB**

**SWIMMING CHAMPIONSHIPS**
Sat 28th February—see flyers at the Pool

**INGLEWOODAQUATHON**

**SPLASH**
sunday 28th Februray | prize 7:30 am for swim start | Entry form due Wednesday 4th March

**Excerpts**
Open: Individuals and Teams: 300m Swim, 2km Run  
8-12 years: Individuals and Teams: 300m Swim, 2km Run  
9 years and under: Individuals and Teams: 100m Swim, 1km Run

**Kools**
Individuals: $15, 15 & under $10  
Teams: Over $20, 15 & under $10

For entry forms and more information contact Rosa at Inglewood Pool on (07) 4653 1340 or go to the Inglewood Swimming Pool facebook page: https://www.facebook.com/inglewoodswimmingpool

We hope to see you all here for a great day of competing and cheering!

**The focus this week is - Be Safe – Going home promptly**
The message this week for students was the importance of ensuring that all of their belongings have been put away for safe keeping or collected at the end of the school day. Students were reminded to leave the school grounds promptly after the 3.00pm bell or for those who catch school buses to wait in their bus queue.

**IS YOUR CHILD TIRED WHEN THEY COME TO SCHOOL?**
Information from the Australian Centre for Education in Sleep

Sleep researchers believe there is no one magic number for ‘sleep need’ and there are a lot of individual differences in what children and adolescents need to sleep to be at their best. But below is a guide of the best evidence we have so far..............

- Babies under 1: 14-18 hours throughout the day and night
- Toddlers: 12-14 hours per 24 hour period
- Primary school: 10-12 hours per day
- High school: 8-10 hours per day

**What happens when children don’t get enough sleep?**
Many things can be affected when children do not sleep enough such as:
- Behaviour – aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- Emotion - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- Planning - poorly organised, poor time managers, repeating grades, forgets lessons
- Concentration - inattentive, lack of concentration, falling behind in school
- Creativity - not working at full potential
- Problem solving - poor behaviour control and difficulty in social situations
- Complicated thinking - struggles with maths, sciences, languages, abstract concepts
- Motor coordination - less sporty, more accidents, clumsier
- Weight - being obese and overweight is more likely with less sleep
- Health - poorer immune system - sicker more often
- Learning - it is though that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.

**CHAPPY CHALLENGE**
Our last challenge was won by Keviena. The answer is that your nose heats up when you lie! This week’s question is: ‘What animal is the only animal that is born with horns?’

**WE’RE ON THE WEB!** www.inglewoodss.eq.edu.au