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### UPCOMING DATES:

Aug 10—ICAS  
Maths (Date  
change)

Aug 13—P & C  
Meeting 6.30pm  
(note new time)

Aug 14—Macintyre  
Prim T&F @ Gndi

Aug 18-20—Music  
Camp

Aug 20—2-Way  
Meet @ Ing

Sept 7—School  
Photos

Sept 11—Gndi  
Horse Sports

Sept 14-18—Yr 10  
Work Experience

Sept 15-16—Music  
Camp Warwick

Sept 17—TYME @  
Tmba

Sept 18—Term 3  
End

Nov 12—Awards  
Night

# INGLEWOOD STATE SCHOOL

Est 1872

We *Care*, We *Learn* and *Together* We *Succeed*



7TH AUGUST 2015

No. 24

## Week 4 - Next week our focus is – BE AN ACTIVE LEARNER - Be prepared for learning

There are many students who have misplaced or used up some essential classroom resources such as rulers, glue, pens, rubbers, scissors etc. Students are expected to be ready for each lesson with all of the necessary resources. Disruption to the teaching and learning process is continual if resources are not ready at hand. **Often parents are unaware that their child/children are missing items so could you please check to see if there is anything that needs to be purchased.**

*A number of teachers have reported that there are an increasing number of students who appear to be very tired throughout the day and have found that this is impacting on their learning. The following article was in a newsletter earlier in the year.*

### 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.....

- Primary school: 10-12 hours per day
- High school: 8-10 hours per day
- Adults: 7-9 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- Behaviour – aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour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



### SPOT ON WINNERS—Week 4

P/1	Emma, Archie, Imogen
2/3	Braden, Zoey, Demi
4	Sophie, Amelia, Aron
5/6	Brock, Will L, Ruby
7	Stefenie, Alaesha, Stacey
8	Sanicha, Kaide, Kate
9	Amy, Harley, Caitlin
10	Brittany, Caleb, Tearna

### ATHLETICS AGE CHAMPION MEDALS WILL BE PRESENTED ON PARADE WEDNESDAY

**COMMUNITY HEALTH nurses have been conducting Vision & Hearing Screening.** Permission forms have been sent home with Prep students and other new students to the school. Please return forms to school office as soon as possible. Thank you.

### STUDENT OF THE WEEK STAR OF THE WEEK

P/1	Hannah	Jake
2/3	Phillippa	Jarred
4	Aron	Regan
5/6	Liam	Taz
7	Tori	Zara
8	Henry	Kaide
9	Danni	Shannon
10	Tully	Dylan

### SCHOOL PHOTOS ARE COMING Monday 7th September 2015

- Mark this date on your calendar
- Make a hair appointment
- Uniforms ready—or do you need to order new ones?
- Smiles practised!

Start saving now—prices start from approx. \$20.00. More information later in month.



### INGLEWOOD TENNIS CLUB NIGHT FIXTURES



Names in by Wednesday 2<sup>nd</sup> September, 2015  
Start Playing Monday 7<sup>th</sup> September, 2015  
Contact: James 4652 1626 or Denise 0439 373994

### MACINTYRE TRI n RUN CLUB SIGN ON

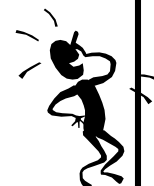
This Sunday 9th August 9.00am at the Lions Park in Inglewood. **Run session to follow** 2km or 5km (run or run/walk). All ages and fitness levels are encouraged to join in!!! Registrations must be done online and can be done prior to the day ([www.triathlon.org.au](http://www.triathlon.org.au)) although facilities will be available on the day. Don't forget to choose MacIntyre Tri n Run as your Club.

Payments must be made online direct to Triathlon Australia, cash or cheque not accepted. Hope to see you all there!!

### CHAPPY CHALLENGE

The winner for the challenge last week was Keegan in Year 8. The answer was that giraffes clean their eyes and ears with their tongues.

This weeks question is "Where are 25% of the bones in your body found?"



### CHAPPY CHUCKLE

Which tree has teeth? *A gum tree!!*

*Is your child coming home without their lunch box, hat, jumper or track pants?*

*Please check the lost property basket under the primary building.*

*It grows higher and higher each day!*

