



PREP PEEK

The weekly newsletter of Shore Preparatory School, Sydney, NSW

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Prep Peek available Fri pm <http://www.shore.edu.au> and follow the prompts

Friday, 2 September 2016

Volume 39 Issue 29

Monday 5 Sept	Tuesday 6 Sept	Wednesday 7 Sept	Thursday 8 Sept	Friday 9 Sept	Sat 10/Sun 11 Sept
	Prep Pulitzer	K12 - General Assembly Buddies	Y4 Excursion - Monkey Baa Theatre Mini Proms (5pm)	Y4 Final Reading Groups	Y7 2017 Placement Tests Y5 Father/Son Camp
Monday 12 Sept	Tuesday 13 Sept	Wednesday 14 Sept	Thursday 15 Sept	Friday 16 Sept	Sat 17/Sun 18 Sept
Parent/Teacher Interviews (Mon to Thurs) Y3-6 Assembly - Winter Sport Awards Ceramics - K12	Public Speaking - Y3/4 Final 5D- Kids Teaching Kids Program at PLC	K-2 Assembly - 1M Public Speaking- Y5 Final NSWCIS Athletics Carnival	Public Speaking-Y6 Final	Y3 Excursion—MCA Ngami-Li Giambi-Li	Chapel Choir @ Evensong, St Martins, Killara (Sun)

The Importance of Sleep

How much sleep is enough sleep for your child? How does a lack of sleep affect your child? According to Dr Chris Seton, a paediatrician who specialises in sleep disorders, sleep deprivation causes much more than sleepiness. In a recent address to primary school teachers, Dr Seton listed a range of physical and psychological functions that can be adversely affected by sleep deprivation – intellectual functioning, attention and focus, memory functioning, the immune system, emotional control, stress management, moral judgement, decision making, pain sensitivity. Even poor eating habits can result. It would be thought that sleep deprivation would lead to sleepy children who are docile and slow. In fact the opposite is true. Sleep deprivation in young children paradoxically results in hyperactive behaviour and irritability. Dr Seton reported that Australian children are among the sleepest in the world. Nine to ten year olds are the fifth sleepest while adolescents are the third sleepest alongside young people from the USA. A country's position in the sleepiness stakes is closely related to its speed of uptake of new electronic technology. This observation would likely strike a chord with parents who have been resisting their children's desire to have their devices at their bedsides each night. Dr Seton encouraged the maintenance of strict boundaries around the use of technology in children's bedrooms and suggested that parents enforce a rule of no devices after a certain time and the overnight parking of the devices in a supervised common area in the home away from bedrooms.

Parental focus is usually on the number of hours their child sleeps each night (nine to eleven hours for primary aged children). Of course, this is important for a child's healthy functioning. Equally important however, is a child's regular bedtime routine - going to bed around the same time each night and waking around the same time each morning. Recent Australian research with a sample of almost 2,000 children noted that a child with a variation of 60 minutes in the bedtime routine was twice as likely to display hyperactive behaviours and have problems controlling his or her emotions compared to a child with less than a 30 minute variation in sleep routine. Children with a two hour variation in a week were six times as likely to display hyperactivity. This was the case even when the children had the recommended 10 hours sleep. A recent large study from the UK suggests that changes to children's bedtime routine consistency leads to improved behaviour.

Dr Chris Seton, along with Dr Amanda Gamble, a clinical

psychologist, provides tailored sleep treatments to support families coping with children who are poor sleepers. Patients are seen face to face or treated through an online programme on www.sleepshack.com.au. The online delivery is aimed at late primary aged children to teens. On this website there are also pages packed with information obtained from sleep research and FAQs.

Mrs Mary Woods – Preparatory School Counsellor

Sporting Achievements

The Shore Preparatory School Athletics Team competed in the IPSHA Athletics Carnival at Homebush on Monday of this week. Congratulations to the whole team who not only performed at a high level, but also showed great spirit, manners and sportsmanship throughout the competition. Special congratulations to those members of the team who have been selected to compete at the next level of competition, the CIS Athletics Carnival.

Congratulations also to those Preparatory School Students who competed at the Interschools NSW Championships in snow sports. The team greatly improved upon their 2015 results and were part of a very successful Shore team, with some students making it through to the National Championships in a couple of weeks. How exciting!

More detailed information about these events can be found on the Sports page.

Tournament of Minds

Also last Sunday, the Tournament of Minds team performed their own creative piece at the TOM Metro North competition at Roseville College. Once again, the experience of writing a script, rehearsing and performing was a fantastic opportunity for the boys to learn about a collaborative approach to creative problem solving. A team of Years 5 and 6 boys from the Prep School, under the guidance of Miss Di Johnson, took part in the event. After a number of weeks of refining the script and rehearsing, the boys performed their piece on Sunday, amusing the judges and the audience, and receiving high praise. Congratulations to the team and particularly to the team captain, Robert Davie.

*Nick Saunders
Head of Shore Preparatory School*

North Sydney News, Years 3 to 6

American Tea

The weather made things a little more interesting, but nevertheless our 80th Annual American Tea was a resounding success today. The boys had the opportunity to visit in the morning and in the afternoon and were able to enjoy the various stalls, games and cuisines (my guess is that the lollies and soft drinks were the most sampled foods and drinks)! Many thanks to the Prep parents who volunteered their time, energy and efforts to supervise stalls, bake cakes and make donations. We are grateful for your support of this wonderful community event.

Parent/Teacher Interviews

This week you should have received information about our new online booking system for Parent Teacher interviews. The online bookings went live at 8am this morning. The email you received provides all the necessary information about when your son's class teacher is available and how you can make an appointment. If you didn't receive the email with this information, please contact the Prep Office. If you have chosen to take this opportunity to meet with your son and his teacher you are reminded that the interviews are limited to 15 minutes. Your assistance with regard to arriving on time would be greatly appreciated. Please do not park in the turning circle at any stage. This term's interviews are intended to include your son (who should attend in uniform) as an opportunity to participate together in a discussion of his progress.

Week Without Words

This week in our Buddies lesson with the K12 students at Northbridge the activities focused on communication without words. The boys and girls were exposed to a number of games that forced them to communicate with others without using words. It is surprisingly difficult to communicate clearly without words when you haven't practised the skills. I know the boys in 4G who I worked with had an interesting time learning a number of words and phrases using sign language. If you would like to make a donation to St Lucy's School and their project there is a coin box in the Prep Office.

The Prep Archie

The Prep Archie is an annual portraiture prize for our Year 6 students. This year our subject has been the marvellous Mrs Pickworth and the boys have each created a large 2D piece for the prize. The artworks are currently on display on the ground floor in the Music centre next to Upton Grange and will there until the end of the term. Thanks to Miss Schlunke for her hard work with this initiative.

Medallions of Excellence

This term Medallions of Excellence will be presented at our Assembly on Monday 19 September in the Smith Auditorium. Our Assembly will start at 9:40. All Year 6 boys who are eligible to receive their medallion must submit their certificates to Mr Larby by Wednesday 7 September.

Junior Proms

Years 3 & 4 are busily preparing an array of dance items for our entertainment on the evening of Wednesday 21 September. Commencing at 6pm, Junior Proms promises to be a wonderful night, with performances from the Concert Band, Jazz Ensemble, String Ensemble, Guitar Ensemble, String Quartet, Chapel Choir, Elective Dance and of course our Year 3 & 4 dance items. Whilst this is a free event, seating is allocated and available from 1:00am on Saturday 7 September. Please reserve your

seats at <https://www.trybooking.com/MWCT>. We ask families to limit their allocation to a maximum of 6 seats and obviously only book with the intention of using each seat.

Quality Class Award and House Points

Congratulations to 5K for winning this week's Quality Class Award. Congratulations also to the boys in Linton House who extended their lead in the Term 3 House Points competition. Keep up the hard work boys.

Adam Larby

Deputy Head of Shore Preparatory School – North Sydney

Library

Book Week

It was a wonderful celebration of Book Week last week. Congratulations to all our winners of the Olympic Reading Challenge and our Guessing Competition. Many boys also participated in our Book Swap.

All money raised is being donated to Room to Read, (<http://www.roomtoread.org/>) a charity which supports the development of school libraries and literacy in developing countries. Thank you for everyone's support of this enjoyable week.

*Margo Pickworth
Teacher Librarian*

Music

Congratulations to George Tams for his excellent performance in Assembly. George performed the song 'Norwegian Wood' on ukulele.

*Mr David Jensen
Co-ordinator of Music*

Shore Preparatory School K, 1, 2 – Northbridge

K,1,2 Phone: 8966 5300 K,1,2 Fax: 8966 5390

Northbridge News, K, 1, 2

Appropriate Viewing

Lately, some children have come to school discussing some inappropriate things that they have seen on television or played on iPads. I urge parents to be vigilant in monitoring what is appropriate viewing for the age of your child. This is also important for the apps and games children are playing on their devices. Children can be easily influenced by these and are often not mature enough to either cope with the content or even the images. Thank you for your understanding with this.

Mini Prep Proms

Well, it's finally here. The girls, boys and the teachers are so excited about Thursday night. The costumes are here, the songs and dances are learnt and everything is ready to go. Children are asked to arrive at the Smith Auditorium at the North Sydney campus between 4.30pm and 4.45pm. Thursday should be a great evening. We hope you enjoy it as much as the children have enjoyed rehearsing for it.

Parking will be available at North Sydney at Bishopsgate and the Centenary building **from 4.30pm**. Please **do not park other vehicles into double spaces** or in areas where 'no parking' or 'Senior School Staff' is indicated.

The Speech and Drama class for Year 1 and the Tennis lesson will continue at their usual time after school on Thursday. Dance class will not be on. After School Care will be available at Northbridge **until 4pm**.

Lunch orders are not available on the rehearsal days next week (Monday, Tuesday and Wednesday).

Please also check the final arrangement note sent home yesterday.

St Lucy's School

The children and their Buddies have been taking part in activities associated with St Lucy's school's *Week Without Words* campaign. It has been so much fun watching how they play and communicate in different ways. The fundraising and awareness project highlights the challenges of those who struggle to verbally communicate. Children have until the end of Week 8 (9 September) to donate a gold coin to the collection box in the K,1,2 office. St Lucy's high-bounce balls are also available from the office for a \$5.00 donation - please send this in an envelope denoting your child's name and 'high-bounce ball' on the envelope. If you would like make a more substantial donation and require a tax receipt, please contact the K,1,2 office.

Heart Art

With American Tea this week, we have been fortunate to have our foyer filled with beautiful Heart Art. This year our theme is Father's Day. The children have created artworks of their dads in their Visual Arts lessons over the last few weeks. If, in the commotion on the American Tea day, you did not manage to buy your child's Heart Art, please send in \$5.00 on Monday and we will send the artwork home.

Assemblies

Thank you **KH** for your wonderful Assembly on Wednesday. Your song "Off to the Library" was great. (Mrs Reynolds particularly enjoyed it). Next week we will not have an assembly as we will be at North Sydney practising for the Mini Prep Proms. Our Quality Class of the week this week is **KC**.

Other Information to Note:

Thursday, 8 September – Mini Prep Proms (5pm)

Week 10 – Life Education

Happy Father's Day

To all the dads at K,1,2, we hope you have a very happy day on Sunday and that your children spoil you.

Natasha Mitchell

Deputy Head of Shore Preparatory School - Northbridge

Early Learning Centre – Northbridge

ELC Phone: 8966 5350 ELC Fax: 8966 5391

ELC News

Father's Day Celebrations

This week on Wednesday and Thursday we enjoyed two spectacular celebrations with the ELC dads. Following a delicious breakfast, we were all thrilled that we had great weather and were able to enjoy being outside in our beautiful garden which was home to some great fun activities. This year we set up four fabulous stations for children to visit with their guests: the Photo Booth, Invention Workshop, Putt Putt Golf and the Rugby Ball Toss. All of the activities were a great success as people challenged their accuracy skills at the sporting stations, had some fun with the dress ups, or exercised their imaginations in the workshop. I was certainly impressed with the creations that had been so cleverly put together with wood and loose parts, and I know the children will be proud to bring them home. Thank you so much to all of the guests who attended across the two days. On behalf of the ELC team I would like to wish all of the dads in the Shore community a very happy Father's Day this Sunday.

Blue Room Inventions

A big thank you to the children who kindly displayed their creations from the *Blue Room Inventing Lab* in the multipurpose room. It has been great to see your ideas come to life through these inventions! If your child made one of these amazing creations they are now welcome to take them home.

Healthy Harold Visits Northbridge

During Term 3 Week 10 the Life Education Van starring Healthy Harold will be visiting Northbridge campus. The ELC children will attend on Wednesday 21 September and Thursday 22 September in groups of first year and second year children. During the one hour experience children will learn about the importance of staying healthy and taking care of themselves in a fun interactive learning experience. Healthy Harold will remind the children to eat fruit and vegetables, enjoy regular exercise, brush teeth and wash hands amongst other healthy messages. All of these messages are supported by the ELC educational program, although it is much more fun hearing about it from Healthy Harold!

American Tea Heart Art

It is great to see that so many of the children's Heart Art canvases have already sold as part of our American Tea fundraising activities. All of the children worked so hard on drawing their families and it is a joy to see them so proud to show others their work. If you have not had a chance to purchase your child's art work, we will have them available for sale for \$10.00 each until Friday 9 September. I look forward to seeing many of you at the American Tea festivities.

Important Dates

Week 10 – Healthy Harold Life Education Van at Northbridge
Monday 3 October – ELC closed Labour Day
Wednesday 12 October – Individual and Group photographs
Thursday 13 October – Individual and Group photographs

Rebecca Schollum
Director ELC

UNIFORM SHOP

Open

Mondays, Tuesdays
and Thursdays

9.30am to 4.30pm

(02) 9900 4704

Games

Wet weather information

Please refer to the
Shore website on
Saturday morning
www.Shore.nsw.edu.au
(Quick Links/Prep Sporting
Fixtures/ Prep
Weekly Fixtures)

Shore Prep Athletics - IPSHA Athletics Carnival

The Shore athletics team competed at the IPSHA athletics carnival during the week. The team did very well and all boys must be commended for their behaviour and effort on the day.

Congratulations to all the boys who placed in their heats and received a ribbon and special mention to the following boys who competed extremely well and achieved selection to the NSWCIS Athletics carnival.

Fraser Pandit – 2nd U8 100m.

Daniel Ivanhoe – 2nd U10 100m, 1st U10 200m.

Lachlan Brown – 3rd U10 800m.

James Kase – 1st U11 long jump, 4th U11 high jump.

Charlie Wilson – 5th U12 high jump

We wish the boys all the best at the NSW CIS carnival on Wednesday 14th September.

INTERSCHOOLS NSW STATE SNOWSPORTS CHAMPIONSHIPS

Last week's Interschools NSW State Championships was a week of considerable success for the Shore Snowsports team. The Senior School team placed 3rd and the Prep team placed 6th.

Special mention to;

Tristan Sparkes, James Singer, Lorenzo Cozzi who placed 3rd in the Snowboard GS, qualifying for the Nationals.

Max Papadopoulos and Thomas Wensley placed 9th in the moguls and Max placing 15th overall which will qualify him for the Nationals.

Harry Stiel, James Hopkins, Sam Wensley and Marcel Ewen raced Alpine on a very fast and icy Rossi course, which made for tough competition.

Daniel Higgs flew the flag for Div 5 Alpine and placed 14th, qualifying for the Nationals.

Scarlett Couch, Zachary Oppen, Robert Kerr and Jack Steiger-Thorpe came 4th in Div 6 Alpine, qualifying for the Nationals.

James Hopkins, Marcel Ewen and Harry Stiel came 7th in the Div Skier X. James Hopkins placed 8th overall which qualifies him for the Nationals.

This is an outstanding effort from all boys and girls in the Prep. They should be proud of their efforts and we wish them the best of luck at the Nationals.