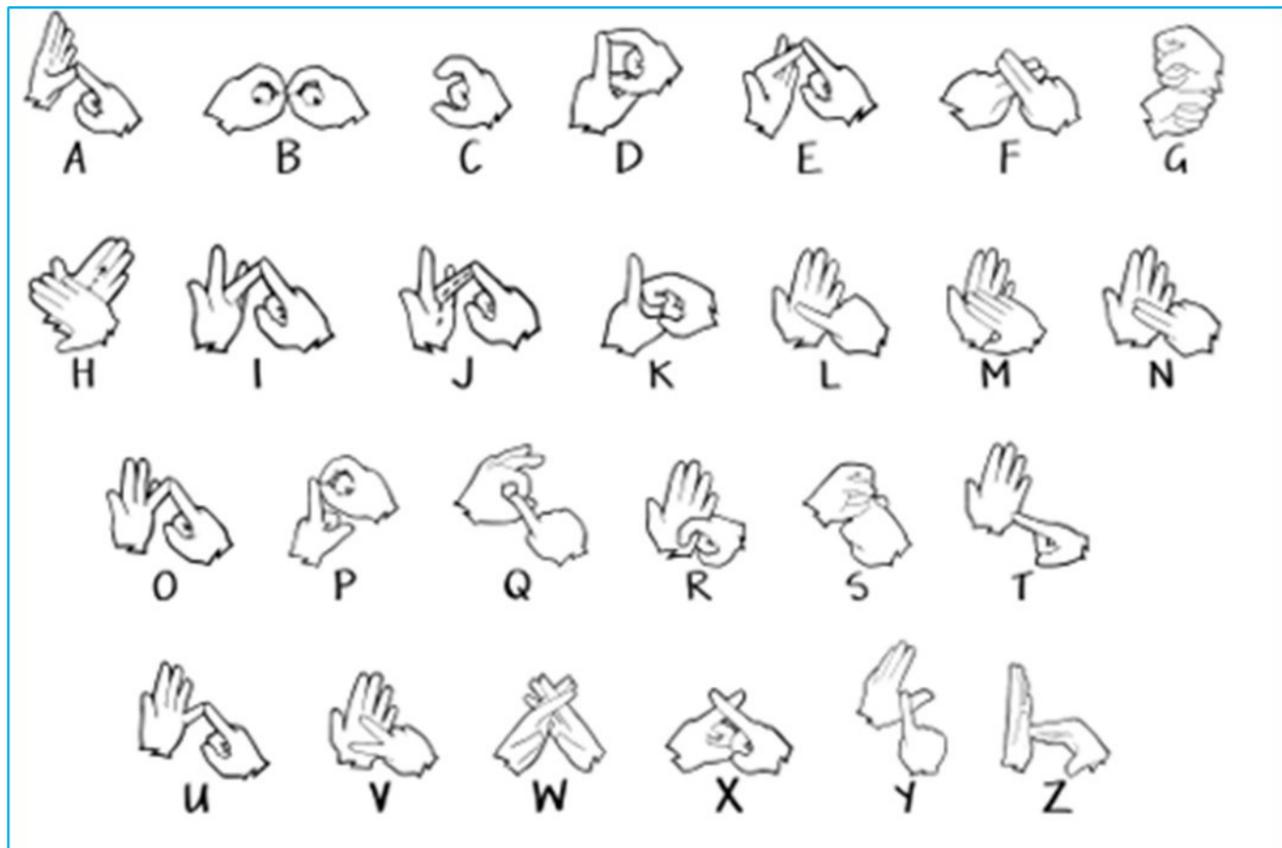




Director: Allyson Goodale

Hello Everyone

Preschool children have enjoyed learning Auslan with Helen on Monday mornings this term. Already they know the animal character signs from the Cranky Bear and the Green Sheep story. Recent learning has been the alphabet and here is the chart of Auslan signs for each letter. Have a go at learning the letters in your name and for other members of your family. Auslan is our whole school language and we are keen to learn more each week. Have fun!



Did you know we celebrate children's birthdays with a certificate, sticker and a blowing out candles experience. I would just like to remind everyone that our healthy eating and food supply policy outlines our food free birthday celebrations. This way we avoid any anaphylactic accidents and of course, minimize our sugar intake. As you can imagine with so many birthdays through the year, we could be eating cake each week!

Thankyou for your help to celebrate birthdays the non-food way.



**Robyn McLean**  
Principal

**Allyson Goodale**  
Head of Early Years

**Chan Welfare**  
Head of Primary Years

**Roy Webb**  
Head of Secondary Years

**Teresa Maiolo**  
Coordinator of the Centre for Hearing Impaired (CHI)

**Danielle Smith**  
Business Manager, B-12

Dear Parents and Caregivers

**Welcome**

We once again have the opportunity to warmly welcome new students and their families to our College community. Angel and Lacey have both joined our 4/5 class and are settling in well as they absorb the many changes that come with changing schools. I am sure you will join me in wishing them all the best in their time here.

**Child Protection Week**

Last week students and teachers participated in a variety of activities to increase awareness of the need to keep our children safe. The chalk boards, decorated by our SWAT team (entrance to the school) and our classes (shelter shed) are a wonderful display of the messages understood by our students and those they want to share. In addition these messages have been beautifully preserved with no rubbing damage in sight! Soon we will have a foyer display to share as well, please take the time to have a look.

I would like to commend our year 6/7 students for their conduct and performance at the week's choir rehearsals. They were the recipients of well-deserved compliments and should feel very proud of themselves. We are very much looking forward to the actual performance.

Lastly I would like to bring your attention to Week 1, Term 4. Monday is a Pupil Free Day, Tuesday the R-5 students will begin their swimming program which will continue for the remainder of the week. More details will come home with accompanying consents in the coming week.

Kind regards

*Chan Welfare*  
Head of Primary Years

**Diary Dates**

- 27th Sept Aquatics - Years 6 & 7
- 28th Sept End of Term 3 - Early dismissal - 2pm
- 15th Oct Pupil Free Day
- 16th Oct First Day of Term 4
- 16-19th Oct Swimming: R - Year 5
- 3-7th Dec GUS Dentist Visit
- 14th Dec Last Day Term 4 - Early dismissal - 2pm

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# CHOIR - 6/7

On Wednesday the 12<sup>th</sup> September the year 6/7 class travelled out to the Starplex at Gawler to rehearse for our upcoming performance in term 4. It was wonderful to see all the other schools and perform with them. A big congratulations to Evelyn Donaldson who is a soloist for the song 'Glorious', she was very nervous to sing in front of everyone, however, did a fabulous job and made us all proud! Congratulations also must go to Kye Williams-Courtney and Tegan Revolta who are comperes. We can't forget all the hard work that Josh has put into the choir to make them as fabulous as they are, Josh is also the stage manager on the night. Avenues College is certainly well presented in this years 'Festival of Music'.



## Child Protection Week and White Balloon Day

Last week we celebrated National Child Protection Week (2 – 7 September) and White Balloon Day. Children participated in learning activities discussing child safety, people who are safe, and what to do if we feel unsafe. Children also created chalk board safety murals and participated in a white balloon community walk to promote the importance of our children's safety to the community.



## Sleep Children and Learning

Part 2.

### Behaviour and sleep

Sleepy children tend to have more problems with behaviour at preschool or school - and at home too! For example, a sleepy and tired child might not cooperate in class or have difficulty following the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing behaviour. They might also miss out on playing with other children if they don't like the way they are behaving.

<http://raisingchildren.net.au/>

### Working on sleep problems to help with learning

Lots of children have sleep problems, which you can often manage with simple behaviour strategies. A good place to start with sleep problems is **your child's sleep habits**. Sometimes changing both daytime and night-time habits can make a big difference to your child's sleep. For example, you might be able to reset your child's body clock with a regular bedtime routine, morning sunlight, regular exercise and a healthy diet.

While there's no exact number of hours that every child should get, it's smart to keep these age-by-age ranges in mind:

- Between ages one and two: Toddlers typically need 11 to 14 hours of sleep per day.
- Between ages three and five: Preschool-age children usually need 10 to 13 hours of slumber per day.
- Between ages six and 13: During the primary and early middle school years, kids typically require nine to 11 hours of sleep per day (and all of it at night).

To help your child get the sleep that he or she needs, develop a calming bedtime ritual that might include taking a bath, putting on PJs, brushing teeth, and reading a story. It's also wise to stick with a consistent bedtime. This will help set the stage for a good night's sleep, night after night.

It's important to note that teens generally need more shut-eye, compared with their younger siblings. If you have a kid who is in high school, make sure that he or she is on a healthy sleep schedule.