Welcome

This week I have had the pleasure of warmly welcoming Alae M and Oleksandr S and their families to our school community.

Have you heard......
Our stage 1 students were featured in the Sunday Telegraph. I have included a link that shows our fabulous Year 1 students at their recent visit to Field of Mars. There’s a video, article and some great photos that are all part of a special piece done by the Daily Telegraph!!!


Sydney Kings Visit
Sydney Kings captain and player Ben Magden visited our school last week and provided our PSSA basketball teams with some advice and skill development. Students enjoyed working on their dribbling, shooting and passing skills with Ben. Ben sent a thank you letter which has been included in the newsletter for everyone to read.
Open Day
I am thrilled to be principal at Bass Hill PS and was extremely proud of the school, students and staff last Thursday at our open day. We have so many talented students and teachers and open day provided us with a wonderful opportunity to show case these talents, skills and learning that we nurture so proudly. Thank you to all the parents and visitors that joined us for our open day and to the wonderful families who provided us with so much delicious food on the day. Our school community plays such an important role in partnering us to make a difference for our students and their future success. Your support is appreciated.

“Education is the most powerful weapon which you can use to change the world.” Nelson Mandela

Values Education
This term we will be introducing our school values:
HONESTY
RESPECT
INTEGRITY
COOPERATION
FRIENDSHIP

This week and next we are focussing on:
HONESTY - Truthfulness, sincerity in action and speech

Students will be learning about what it means to be honest. They will be talking part in activities and discussions around why honesty is important.
The Importance of Sleep
Sleep is extremely important to children’s learning, social skills and emotional wellbeing. When students are tired or sleep deprived they cannot focus their attention and therefore cannot learn efficiently. Furthermore, sleep has a role in the consolidation of memory, which is essential for learning new information.

The way you feel while you’re awake depends in part on what happens while you’re sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

Sleep helps your brain work properly. While you’re sleeping, your brain is preparing for the next day. It’s forming new pathways to help you learn and remember information.

Studies show that a good night’s sleep improves learning. Whether you’re learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Studies also show that going without sleep alters activity in some parts of the brain. A lack of sleep can result in difficulties with decision making, solving problems, controlling your emotions and behaviour, and coping with change.

Children and teens who don’t get sufficient amounts of sleep may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention.

Our job as parents and teachers is to ensure we work together to prepare our children/students for success. Children often come to school tired and this can negatively affect their entire day. Sleep is important in so many ways; please support us by ensuring your child gets enough sleep each night. If your child finds it difficult to get to sleep at night below are some suggestions from the Australian Centre for Education in Sleep that may help.

Good Sleep Hygiene Can Help Promote Good Sleep
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 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
- Adults: 7-9 hours per day

What is Sleep Hygiene?
“Sleep hygiene“ - this can be defined as habits that can help us to sleep or stop us from sleeping. If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- No TV/computer games 1 hour before bed. No TV s in bedrooms
- Monitor mobile phone use in bed
- No coke/caffeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine - special time with children, relaxation techniques such as breathing, reading before bed.
- No vigorous exercise 1 hour before bed - it raises the body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bedtimes and wake times - try and keep these regular
- Learn to relax - deal with worry and stress
- Use a sleep diary to check how many hours you are sleeping - Are you sleeping enough?

Convince children that it is important to sleep well - Reward them for complying with bedtime rules

(Australian Centre for Education in Sleep)
**Lost Property**

There is a cupboard on the infants playground that is holding all lost property items found in the infants classrooms and playground. These items will be given to the BHPS Clothing Pool if they are not collected by Week 5 and Week 10 of each term.

Thank You,

K-2 Teachers

**THANK YOU from the Sydney Kings**

Ben Madgen from the MightyMite Sydney Kings would like to send a BIG thank you to all the Bass Hill Public School children for allowing him to come and have a special training session with them.

Ben really enjoyed his time showing the children a few basketball moves and he was very impressed with how enthusiastic and polite the children were.

As a thank you the Sydney Kings handed out Junior Dunker vouchers for 2 FREE tickets to their first home game on Saturday 11th October against the Wollongong Hawks. Sydney Kings would like now to extend this offer to all the children at Bass Hill Public so bring your families and friends and you can see Ben in the #1 singlet in action. He is currently our highest point scorer!

For your 2 FREE tickets log onto [www.sydneykings.com](http://www.sydneykings.com) and look for the ‘Junior Dunker’ button.

---

**Ben Madgen – Guard #1**

- **Position:** Guard
- **Player Number:** #1
- **Age:** 29
- **Height:** 193cm
- **Place of Birth:** South Australia
We value friendship
P&C

We have had a great response so far with the returning of chocolate money from our students. Thank you very much to those who have returned theirs.

Please remember the chocolate money is to be returned to the canteen and the return date is 22nd of August.

Don't forget our annual Spring Fair on the 22nd of November from 10am til 3pm. Stalls, rides, food. Come along for a great day out.

Pre order your child's ride bracelet. This will entitle them to ride all day for only $25.

Canteen

Due to an increase in wholesale prices some items have increased. I have tried to keep them as low as I can. An amended price list will be coming home shortly.

Revesby Craft Fair

Live Entertainment

Every 4th Sat. of the Month Except Jan & Dec 9am-3pm
*Great Music *Delicious Food *Plants *Beautiful Crafts *Home Grown Goods

Where:
Abel Reserve, Revesby
Alongside Revesby Railway Station

Enquiries: Sandra McDonald:
9605 7924 / 0408 633 181
Email:sandrarick@bigpond.com

www.revesbycraftfair.com

ZUMBA

For Women only
In the School hall Mondays and Wednesdays 6.30 -7.30pm
$8.00 per class
Contact Heather: 0451 975 868

Kugatsu Judo –

Now training at Bass Hill Public

Kugatsu judo club is one of the oldest judo clubs in Sydney and Australia and has been involved in the Bankstown community for over 15 years.

Kugatsu Judo Club welcomes general public and caters for boys and girls from the ages of 8 and up. Our training is conducted by qualified coaches with experience at national and international level with some of our members regularly qualifying for the national championships.

Training is on Tuesdays and Thursdays from 7:00-8:30 pm at Bass Hill Public School Hall (entrance through Clarke St, Bass Hill) Minimum age is 8 years old.

For more info go to
http://www.kugatsujudo.com.au/ or find us on Facebook (look for Kugatsu Judo Sydney) or call David on 0403 861 956