We welcome new student Haylie Dannenberg to Laura Primary and sadly farewell Samuel, Elijah, Miriam, Jeremiah Byron, Dylan and Tyler Davenport. We hope Haylie enjoys her time here and we wish the Byron and Davenport students the best at their new schools.

We also wish Helen Wurst a speedy recovery after her knee operation yesterday. Helen still plans to run Café with parent help and can still be contacted with any C.P.S. issues.

NATIONAL WALK SAFELY TO SCHOOL DAY

Tomorrow Friday 22\textsuperscript{nd} May is Walk Safely to School Day. This is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment. If you would like your child to participate in this event, Robyn Staker will meet students at the Civic Centre at 8 am and walk to school with them.

tiqbiz

26 Families and staff members have joined tiqbiz and we have had some great feedback – all good. If you would like to join but find it a little confusing please feel free to bring your phone in and ask for help.

Are your children getting enough sleep?

Some time ago, the following information was distributed amongst local schools. Even though it isn’t new, it is still relevant because lack of sleep can have a major impact on student behaviour, tiredness and lateness at school and it’s not always identified as being a reason for these behaviours. As a parent I know quite well that lack of quality sleep can be a major cause of children being irritable. From time to time and sometimes quite frequently, class teachers notice that some students arrive at school (particularly on Mondays) very tired. In many cases the children then struggle to focus on their learning during the day. Sleep is a natural part of everybody’s life, but many people know very little about how important it is, and some even try to get by with little sleep. Sleep is something our bodies need to do; it is not an option. Even though the exact reasons for sleep remain a mystery, we do know that during sleep many of the body’s systems continue to work actively. Sleep, like diet and exercise, is important for our minds and bodies to function normally. An internal biological clock regulates the timing for sleep. It programs each person to feel sleepy during the night-time hours and to be active during the daylight hours. Light is the cue that synchronizes the biological clock to the 24-hour cycle of day and night.

Shavana Gronemyer won the 4-7 class reading incentive award for Term 1. Shavana received a Meg’s bookshop voucher and was very happy with what she purchased! Well done Shavana.
WINTER WARMER RAFFLE

The 4–7 class is organising a raffle to raise money for their camp in Term 4. We are asking for any donations towards our prizes, (particularly from the year 4-7 families).

Some examples of what could be donated include:
- Tin of hot chocolate
- Nescafe coffee sachets
- Chocolate
- Soup
- Marshmallows
- Gloves
- Scarf
- Beanie
- Board games
- Books

WANTED

The school is looking for 3-5 iPad 30-pin to USB Cable, if anyone has any sitting around in a cupboard not doing anything we would be most thankful for your donation.

Sleepiness Has Serious Consequences

Sleepiness due to lack of adequate sleep is a big problem and affects many children as well as adults. Children and adolescents generally need at least 9 hours and up to 11 hours of sleep each night to do their best. Most adults need approximately 8 hours of sleep each night. Adolescents need about 8 to 10 hours of sleep per night, but many don’t get it. As they get older, teens actually need more sleep. Because teens often have busy schedules packed with school sport and other activities, some lack a healthy amount of sleep. Sleep deprivation adds up over time, so an hour less per night is like a full night without sleep by the end of the week. When we get less sleep (even one hour less) than we need each night, we develop a “sleep debt.” If the sleep debt becomes too great, it can lead to problem sleepiness – sleepiness that occurs when you should be awake and alert, that interferes with daily routine and activities, and reduces our ability to function. Even if you do not feel sleepy, the sleep debt can have a powerful negative effect on your daytime performance, thinking, and mood, and cause you to fall asleep at inappropriate and even dangerous times.

Inadequate sleep has serious consequences for children as well as adults. This can cause:
- decreased attentiveness
- decreased concentration
- inconsistent performance
- delayed reaction and response times
- decreased short-term memory
- increased risk of accidents and injuries
- decreases in consolidation of learning
- a negative effect on children’s behaviour in school, on the playground, in extracurricular activities, and in social relationships.
- mood swings and other psychological problems
- a child to be at risk of displaying symptoms of physical and/or mental impairment

We ask all parents to help support us in providing the best learning conditions for your children by ensuring that they are getting the sleep that they need.

Chris Heading
Principal
**SAPSASA 2015**

Congratulations to Daisy Wooley and Sharni Windsor who have been selected for the North Eastern SAPSASA soccer team. The Soccer State Carnival will be held from the 22\textsuperscript{nd}-26\textsuperscript{th} June in Adelaide. We wish Daisy and Sharni all the best.

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**Café 2015**

*A huge thank you to the Parents who supported the first café’ for 2015.*

I will not be at school for the next few weeks as a result of a recent, untimely mishap. Parents have kindly offered to assist with the program so that it can continue. Families will receive their notices 10 days prior to their rostered café so that they can contact me if their date does not suit. I will be home and able to arrange the café with the parent volunteers.

If parents need to contact me for ongoing support please phone or text me on 0459394777 and I will get back to you. Thank you, for all your support.

Helent Wurst
(Pastoral Care Worker)

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**Laura Rural Care**

*DO YOU NEED LONG DAY CARE, BEFORE/AFTER SCHOOL CARE OR SCHOOL HOLIDAY CARE??*

DECD Rural Care is a long day care service that is ran alongside the Laura preschool. We have trained and qualified staff that provides:

- Quality Child Care
- Before and After School Hours Care
- School Holiday Care

*Open:
8:00am - 6:00pm
Monday - Friday*

Care is available for young babies through to twelve year olds.

Please call June, Penny or Kelli for more information on: (08) 8663 2252
LAURA COMMUNITY
GOLF DAY

Preliminary Notice
The Annual Community Golf Day will be held on
**Tuesday 14th July.**
Ambrose Competition
All proceeds to Laura Playground so
all parental help most welcome!
Contact Val Thomson