

Community Newsletter – Week 4, Term 1, 2020

Dear WCSS Community,

Welcome to Week 4! It is that almost-mid-point of Term 1, where we have been at school for some weeks, but know that we have many more still ahead. At this time of year, children can begin to weary somewhat, and with this may come a lack of punctuality to school.

Whilst I am sure we are all aware of the importance of being on time for school, and the beneficial consequences that accompany this (such as allowing our child time to reconnect with peers before the bell rings, ensuring that they do not miss any lesson time and allowing them to be set-up, prepared and ready to go for their day of learning), this can, of course, be easier said than done.

I recently came across the following tips on how to make mornings smoother, and thought I would share them with you:

- Prepare clothes the night before – have everything in one pile and ready to go.
- Pack lunch (or as much of it as possible) the night before, ready to just take out of the fridge.
- Have a clear, consistent bedtime routine. It is recommended that Primary-aged children have 9 – 12 hours of sleep each night.
- Have a warm, uplifting morning routine. Perhaps introduce a wake-up song or get up a little earlier to have time for cuddles.
- Have breakfast (or as much of it as possible) ready to eat. Be sure to include protein to fuel them through the whole morning.

Of course, not all these things will be possible all the time. However, since punctuality is a factor in the mental well-being, stress levels and engagement of students, we are setting our children up for a lifetime of good habits by teaching them this skill while they are still young.

May we return rested, rejuvenated and on-time from the upcoming long weekend.

With warmth,

Thomasina Henriquez

School Administrator (Acting)

Upcoming Dates

Tuesday, February 25: WCSSCA Morning Tea in the Hub – 9am (Flyer attached)

Wednesday, February 26: Sausage Sizzle for Kindy 6 – Class 6 (\$4.00 each); Class 4 Parent Meeting – 3.15pm

Monday, March 2: Labour Day Public Holiday

In the Light of a Child – Michael Hedley Burton

*The light rains down. My king, in this late-summer hour,
You reign within my heart as well, with growing power.
You shine with strength. You gleam and glance and glisten.
You lead me into depths where I, within the silence, learn to listen.
And there you form life's fruits, fruits good to eat,
In weaving soul-light warm, where they grow ripe and rich and sweet.*