



Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

“Excellence in Learning”

Term 1 Week 1 ~ 8th February, 2013

Principal's Message

“Sleep is the golden chain that ties health and our bodies together”. ~Thomas Dekker

As we settle into the school year as parents we often hear "Oh Mum Dad why do I have to go to bed? Sleep is boring, and I'm not even tired!" So much has been happening recently at school particularly for our seven Kindergarten children. With the swimming carnival yesterday we had lots of very tired children at school today. With that in mind its very important to remind everyone that getting a good nights sleep is very important.

As adults we all know we need sleep to survive the day, but sleep is more important than you may think. No-one likes that heavy, groggy feeling and, when you feel that way, you're not at your best.

The average kid has a busy day. They have six hours for five days a week at school, they may take care of pets, run around with friends, participate in sport training or other activities, and complete homework. Phew! It's tiring just writing it all down. By the end of the day, your child's body needs a break. Sleep allows bodies to rest for the next day.

Most living things need sleep to survive. Even your dog “Buddy” or your cat “Whiskers” curls up for naps. Animals sleep for the same reason we do, to give our bodies a tiny holiday.

Sleep is not only necessary for your body, but it's important for our brain, as well. No one is exactly sure what work the brain does when you're asleep, although some think the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between 5 and 12 need 10 or 11 hours each night, however sleep is an individual thing and some kids need more than others.

When our bodies don't have enough hours to rest, we feel tired or cranky, and we are unable to think clearly. Often we find ourselves having a hard time following directions, or having an argument with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or we may feel clumsy playing our favourite sport or instrument.

Go get enough sleep, and make sure every night is a good night for sleeping.

“People who snore always fall asleep first”. ~Author Unknown

Christopher Jackson
Principal

Small school “BIG” opportunities!

Coming Events

TERM 1

February

P & C Meeting
Zone Swimming Carnival

11th February

March

Clean Up Australia Day

15th February

1st March

Lunch Orders

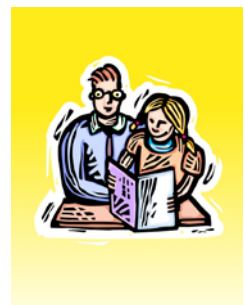
Lunches will be on Monday 11th February, Helen Smith is rostered on for canteen duty. Thank you to Cheryl Bray for making lunches this week. All hot food will be available. Sandwiches are no longer on the menu.

Readers

The Wallabadah Children are very fortunate to have the opportunity to participate in a school/home reading program. For this to be successful all children must read every night and have their readers in their school bags ready for class reading each day.

There are a number of readers missing from last year. If you have any at home could you please return them.

Thank you, Wallabadah Staff.



Reminder

Please clearly label all of your children's clothing as we are collecting quite a lot of lost property. We can not return these items if not labelled correctly.

Swimming Carnival – Report By Ben Hawthorne

Yesterday was the School Swimming Carnival where everyone got to participate and have a go at swimming. Everyone swam well whether it was across the pool or the 25m or the 50m.

Also we'd like to thank Colin McGilchrist for donating the yummy watermelon and Mr Hawthorne for doing the starter all day. Also, all the time keepers. It was a great day and Tamarang was the winning house.



The winners of the Day were:

Senior Boy Champion- Ben Hawthorne
Senior Girl Champion- Emily Cronin
Junior Girl Champion- Sophie Hawthorne
Juvenile Boy Champion- Brayden Smith

Runner up- Henry Saunders
Runner up- Lia Robertson
Runner up- Sienna Cronin
Runner up- Lochlan Cronin



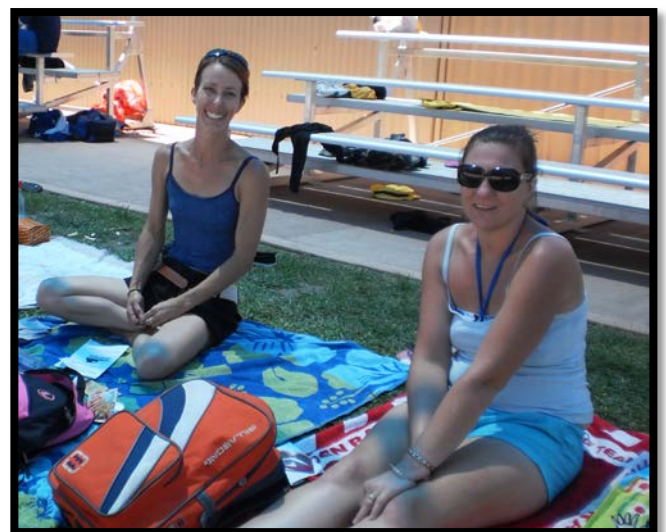
Thank you to the Davidson Family for their kind donation of the 5c coins which were used at the swimming carnival for the 5c dive. The children had lots of fun!!



Sisterly love



"Hey guys", Who found the most money in the 5c dive?"



Amanda and Nicole enjoying the day.



Thanks to our seniors, our junior children had a great time in the pool.



Wallaby Week Ahead Term 1, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 2</u> P&C Meeting				Zone Swimming Carnival

Community News

Coonabarabran Bush Fire
Appeal - Garage Sale
Pre Loved Goods

FRI 15 FEB 6PM—8PM SAUSAGE SIZZLE 7PM SAT 16 FEB
9AM—2PM SUN 17 FEB 9AM—2PM

Do you have any good, clean item you could donate
for sale? *Drop off to theatre Thurs 7 Feb 6pm— 7pm.
and Tues 12 Feb 6pm—7pm*

**ALL MONEY RAISED WILL GO TO THE COONABARABRAN FIRE
APPEAL**

For more information contact Lorraine Reilly 02 **6746 2555**