Dear Parents and Carers,

I find it hard to believe we are at the end of term. Term 3 is always a busy term and this one has flown by. Today is our senior student’s market day. Market day is a way for our senior students to learn about financial resourcing, applying their entrepreneurial skills, organisation and more. Over the last two weeks the senior students have been selling ‘hands’ on the black top. All our primary students had the opportunity to participate in Market Day and a great time was had by all. This week we also saw a flute ensemble, made up of 19 selected ACT high school students, come and play for us. This was wonderful opportunity to enjoy music and see the quality of year 11 and 12 music students.

Thank you for supporting your child’s learning on Friday last week for Learning Journey and science fair. The students were outstanding in explaining their learning experiences. I would like to thank all the teachers and staff of Palmerston for their brilliant preparation for the morning. A great time was had by all and thank you to the families who came up to me to complement their child’s teacher and noted their dedication to learning at Palmerston. The walkathon was a fun event and also raised a few thousand dollars towards our outside library play area. We are still counting, so bring that money in!

Tomorrow is Mufti day – this is a fundraising event for the P&C and our Twilight Fair. Hope you liked it on Facebook or put the flyer up on your fridge! The SRC have made notices for classes. Our Twilight Fair is a great opportunity to come together as a whole school community.
In the second week of Term 4, I will be joining a Principal’s Delegation to Shanghai, China. A group of ACT Government Principals will be visiting schools and discussing our ongoing relationships with schools in Shanghai and how we can learn from each other. I participated in a trip similar to this eight years ago, as Principal of my previous school, Latham Primary. This experience led to my further understanding of international education and meeting the needs of our students and their future education. Palmerston is a very multicultural school and establishing links with schools in other countries will benefit us as a community and the ongoing understandings we need as teachers. I look forward to sharing my experiences with you on my return.

Have a safe and happy two week break. Remember that the school grounds will not be a safe place to play, as we cannot guarantee safety when the school is closed and the teachers are not on site. Remember to stay off the school roof and play only when accompanied by an adult in a safe location during the school holidays. We have hirers who use our premises over the break and if they see any unaccompanied children on site, they will be notifying the police.

School recommences on Monday 12th October for term 4. See you then and happy holidays.

“Verbs are like goldfish!
Something Gold and Gleaming
Verbs are fascinating, but very mysterious. Trying to understand how verbs work is like trying to catch a goldfish with our bare fingers. They’re slippery and shiny; they can hide in the dark reeds underwater then suddenly shoot upwards to the surface and give you a shock.” By Ursula Dubosarsky. What to know more? Read The Return of the Word Spy- a funny and fantastic voyage into language, grammar and beyond....

Melissa Travers
Principal

It’s hard to believe that we have reached the end on term 3! The term (and the year) is going by very quickly. The cold and wet weather at the beginning of the week certainly made pick up on Monday afternoon slightly challenging. I thank you all for your support and careful driving in the car park on wet days- we understand the difficulties with pick up and drop off when it is wet.

Learning Journeys were a great success last week. The preschool rooms were buzzing with many excited pre-schoolers enjoying the opportunity to share their space as well as their portfolios with members of their family and community. The educators worked really hard in the lead up to this event- I would like to thank them for their efforts.

Over the term we ordered and received a new selection of picture books for the children to enjoy. All children at preschool get the opportunity to engage with these and other books after eating lunch as well as at other times throughout the days. These books are a range of fiction and non-fiction books. They have been well received and thoroughly enjoyed by the children.

Wishing you all, a happy and safe holiday. See you in term 4.
Kate Flynn
Mufti Day

To start fundraising for the Twilight Fair that will be held on the 20th November, the School and the P&C will be holding a Mufti day tomorrow, Friday 25 September (last day of term 3). Students are encouraged to wear ‘casual sun-smart clothing’ for a gold coin donation. All money raised will go towards a new Halal BBQ to be used at the Twilight Fair.

School Leavers 2016

We have now reached the time in the year when we begin to look at our school numbers for 2016. If you circumstances have changed and your child will not be attending Palmerston District Primary School in 2016 can you please let the front office staff know as soon as possible.

2016 Class Information

Child/ren’s names and year level: ____________________________________________

_____ My Child/ren will not be returning to Palmerston in 2016

My child will be attending:

_____ Another government school in the ACT

_____ A non-government school in the ACT

Defence News

This will be my final newsletter article as DSTA at PDPS. As I have had my hours increased at Gungahlin College, I can no longer fill the DSTA role and the school has employed Mrs Mia Bartlett to take over the position from the beginning of Term 4. I have enjoyed getting to know all the wonderful Defence kids and their families during my time here as well as being able to work with such great staff. Palmerston Primary is fortunate to have a great sense of community and it is a pleasure to be part of it. I hope you will welcome Mrs Bartlett with the same spirit.

I will continue to be at the school working on some special projects such as the Defence craft club, this will now be held on Mondays at lunchtime. We have been busy making items to sell from our stall at the Twilight Fair. We’re hoping to donate the proceeds to Soldier On and would like to see as many families as possible support our cause.

I wish all the Defence families a safe and happy holidays.

Cheers,

Marina Pilicic

DSTA
New DSTA
Hello, I would like to introduce myself as the new DSTA at PDPS. My name is Mia Bartlett and I will be starting in the position of DSTA from the start of next term on Wednesdays & Fridays. I am looking forward to meeting you all & sharing in some exciting activities with the children of Defence families in our school community.
Thanks,
Mia Bartlett
DSTA

Science and Sustainability

Science Fair
The Palmerston Science Fair was an amazing showcase of creativity and scientific knowledge of our students. It truly was an inspiration to everyone who spent time viewing the displays. There was an impressive range of topics that reflected hours of work from students Kindergarten to year 6. Congratulations to all students who entered into this year’s Science Fair. Many students have already started planning for 2016!

Environmental Leaders - 3/4 students
3/4 RH will be delivering an environmental message about recycling at the whole school assembly this Friday. This group of students have worked hard to audit the schools’ bin use and come up with solutions to the confusion over which bins to put rubbish in. Their efforts have resulted in brand new pedal bins being trialled in the black top area. They have simplified the sorting of rubbish into yellow lid bin for recycling – just like home and red lid bin for waste that is not able to be recycled. With this system, Palmerston is reflecting the future – eventually all domestic waste bins will have a red lid.
3/4 CL and 3/4 GS have been working on energy efficiency in the school and are currently trialling a system of checking the pods at lunchtime and switching off lights and projectors. Students place a “bug” on any lights or projectors that have been left on when not in use.

Silkworms
We are getting some silkworms for free from another school that has an environmental education centre. The silkworms will be kept at school and will need a source of mulberry leaves. If anyone in the school community has access to these leaves can you please send some in on Friday or drop off at the office during the holidays. I will be checking on the chickens and the gardens during this time. Speaking of gardens...
**Kitchen Garden**
Lettuce, rocket and mint are ready to be harvested from the school kitchen garden. You are invited to come buy this produce for a $1 a bag on Friday morning on the blacktop. Jill Bungate has also kindly donated organic oranges for sale also at $1 a bag.

All proceeds from the sale of garden produce will go toward cooking ingredients for term 4 fresh tastes cooking activities that the whole school will be participating in.

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**Books, Books and more Books needed!**
Second hand book donations are required for the book stall at the twilight fair. Do you have books lying around at home that you no longer need? Let us help you have a book spring clean. Collection boxes for these are in the front office foyer near the boomerang box!
Limiting screen time before bedtime is beneficial for sleep. Sleep is an essential part of our development and wellbeing. It is important for learning and memory, emotions and behaviours, and our health more generally. Yet the total amount of sleep that children and adolescents are getting is continuing to decrease. Why?

Although there are potentially many reasons behind this trend, it is emerging that screen time – by way of watching television or using computers, mobile phones and other electronic mobile devices – may be having a large and negative impact on children’s sleep.

Electronic devices intrude on time for sleep
The presence and use of these devices is incredibly widespread. A 2006 survey showed that nearly all adolescents have at least one electronic device in their bedroom. Given this, and the increasing exposure to screen time – particularly in the hours before bedtime – it is perhaps not surprising that screen time is now associated with insufficient and poor quality sleep.

A 2014 review found consistent evidence that sleep was hampered by screen time, primarily in relation to shortened sleep duration and a delay in the timing of sleep. The latter finding was reported in 90% of the studies reviewed.

But the relationship between screen time and sleep is more complex than that. Screen time could be negatively influencing sleep in many ways. The timing of screen time is one important factor. The use of these devices can lead to delays in the time that children and adolescents go to bed and, consequently, shorter sleep overall.

These negative impacts on sleep can be due to screen time in the evening cutting into the time that children would normally be preparing for bed and sleeping, delaying sleep onset and reducing the overall duration of sleep. There is simply less time available for it.

Lights, games and dramas are stimulating, which delays sleep.

Bright lights and alertness
It has also been suggested that longer screen times may be affecting sleep by reducing the time spent doing other activities – such as exercise – that may be beneficial for sleep and sleep regulation.

Screen time in the hours directly prior to sleep is problematic in a number of ways other than just displacing the bed and sleep times of children and adolescents. The content of the screen time, as well as the light that these devices emit, may also be responsible for poorer sleep. The content, or what we are actually engaging with on the screen, can be detrimental to sleep. For example, exciting video games, dramatic or scary television shows, or even stimulating phone conversations can engage the brain and lead to the release of hormones such as adrenaline. This can in turn make it more difficult to fall asleep or maintain sleep.

Less obvious, but still just as important, is the impact that light has on sleep and on our sleep-wake patterns in general. Many of the devices that are now routinely used by our youth emit bright light. Exposure to these light emissions in the important evening hours before sleep can increase alertness. Bright light at night can also disrupt the body’s naturally occurring circadian (or daily) rhythms by suppressing the release of the hormone melatonin, which is important for maintaining and regulating our sleep-wake cycle.
Limiting screen time to improve sleep
The number of devices and amount of screen time children and adolescents are exposed to is continually increasing. Given these early associations with reduced sleep quality, and the importance of sleep in healthy development and ageing, this is an issue that is not likely to go away any time soon. Sleep should be made a priority, and we can combat this growing problem in a number of ways. It is becoming increasingly clear that limiting screen time in the period leading up to bedtime is beneficial for sleep. In relation to this, removing electronic devices from the bedroom provides a good sleep environment and promotes good sleep practices.

Although it is yet to be established how much is too much when it comes to screen time, public guidelines recommend that children under the age of 13 are limited to two hours per day, and children below five to less than one hour.

There are many advantages to the advancements in technology that go alongside the exposure to screen time, such as broader opportunities for learning and communicating, and development in general. However, the worrying trend of increased screen time at the cost of essential behaviors such as sleep should not be ignored.

With a more balanced approach to screen time and the use of electronic devices, the clear benefits can be obtained while still maintaining and prioritising sleep, health and development.

Thanks
Fiona McKinnon | Psychologist
Student Wellbeing and Behaviour Support | ACT Education and Training Directorate

Community News

RSPCA ACT Kids n Kritters Program

RSPCA ACT will be running a series of education sessions over the school holidays for youngsters interested in learning more about animals.

Introduction to Dogs:
Our Introduction to Dogs sessions are all about learning what is required when it comes to looking after puppies and dogs. You’ll get the chance to test out your new skills and knowledge with some of the dogs residing at the shelter and make some toys to brighten up the dogs’ days.

Class Details
Ages: 8-10 and 11-13 years
Maximum Class Size: 8
Course Duration: 2 Hours (Tuesday / Wednesday)
Cost: $50

Reading, Enrichment and Fun
This fun and varied session will give you the chance to create enriching toys, read to and get to know some of our dogs at the shelter and try your hand at taking photos of dogs! You’ll also get to be part of our dogs’ adoption journey by writing a short profile about their great qualities.

Class Details
Ages: 8-10 and 11-13 years
Maximum Class Size: 8
Course Duration: 2 Hours (Tuesday / Wednesday)
Cost: $50

For class dates, times, and for more information, please visit RSPCA Kids n Kritters Program
**Robogals**

Are you looking for something to do on the school holidays?

Robogals ANU will be holding a school holiday workshop on the 2nd of October from 11am - 2pm at the Australian National University (ANU).

Boys and girls of any age are able to register and participate in a Lego Robotics Workshop. The workshop will involve programming using the Lego software to manoeuvre the lego robot. A separate workshop will be held (depending on demand) for younger kids who still want to be involved.

Please bring a packed lunch. The exact location of the workshop will be emailed out before the 2nd of October.

Please register at: [http://goo.gl/forms/rLGSOzUxzE](http://goo.gl/forms/rLGSOzUxzE)

Registration closes on Wednesday the 30th of September.

Please feel free to email anu.president@robogals.org or anu.schools@robogals.org for any questions.
Celebrate Carers Week with us!

10th October 2015
FREE ENTRY

CanberraCares
Everyone welcome

10.00am - 3.00pm
Carers ACT, 80 Beaurepaire Crescent, Holt

JOIN US

www.carersact.org.au
www.carersweek.com.au

Carers ACT
Supporting Family Carers
NATIONAL CARERS WEEK 2015