



Principal's Bulletin

April 20th, 2018



Term 2 is off to a flying start. Open Night is next Tuesday and it is a great opportunity to share the wonderful program and activities that this College has to offer. Current and future families are cordially invited to attend – see the postcard for details.

There will be many students assisting with displays, activities and acting as tour guides. A reminder that the permission slip needs to be returned a.s.a.p.

Students must be in correct uniform to be able to participate and only students with an arranged role or who are accompanying their family members on a tour are to attend.



GLENEAGLES

SECONDARY COLLEGE

YEAR 7 -12

REEMA BOULEVARD, ENDEAVOUR HILLS

OPEN NIGHT

TUESDAY 24TH APRIL 2018

4.30PM – 6.30PM

PRINCIPAL'S ADDRESS 6.30PM



GLENEAGLES
SECONDARY COLLEGE



Parents have probably already discovered how sleep patterns change as their children move from childhood to adolescence. There is a great deal of research about how important sleep is for good health and learning. Over the page I have included an article on sleep that I would like parents and students to consider.

SLEEP – IT REALLY MATTERS!

Young people need more than eight hours of sleep for optimum performance and longer life. You are sleep deprived if it takes less than 5 minutes to fall asleep. It should take you 15-20 minutes to fall asleep, but if it is taking longer, you are also sleep deprived.

Lack of sleep can affect every aspect of life. Lack of sleep effects your ability to learn or process new information, lowers school academic performance and attainment, alters mood and creates mood swings, increases irritability and lessens flexibility of thinking. Lack of sleep increases health problems like colds, skin rashes, eating problems, headaches, shaking, and lethargy. A prolonged lack of sleep over time increases risks of heart attack, diabetes, stroke, obesity, memory lapses, blurred vision, muscle fatigue, nausea, weakened immune system, weight loss or gain.

Here are some things that help young people sleep better:

Set a regular bedtime: Going to bed at the same time each night signals to your body that it's time to sleep. Waking up at the same time every day can also help establish sleep patterns. Stick as closely as you can to your sleep schedule even on weekends. Don't go to sleep more than an hour later or wake up more than 2 to 3 hours later than you do during the week.



Exercise regularly: Try not to exercise right before bed, though, as it can rev you up and make it harder to fall asleep. Finish exercising at least three hours before bedtime. Exercising in late afternoon can help a person sleep.

Relax your mind: Avoid violent, scary, or action movies or television shows right before bed — anything that might set your mind and heart racing. Reading books with involved or active plots may also keep you from falling or staying asleep.



Avoid stimulants: Don't drink beverages with caffeine, such as soda and coffee, after 4 PM. Nicotine is also a stimulant, so quitting smoking may help you sleep better. And drinking alcohol in the evening can also cause a person to be restless and wake up during the night.

Unwind by keeping the lights low: Light signals the brain that it's time to wake up. Staying away from bright lights (including computer screens!), as well as meditating or listening to soothing music, can help your body relax. Try to avoid TV, computer and telephone at least one hour before you go to bed.



Don't nap too much: Naps of more than 30 minutes during the day may keep you from falling asleep later.



Avoid all-nighters: Don't wait until the night before a big test to study. Cutting back on sleep the night before a test may mean you perform worse than you would if you'd studied less but got more sleep.

Create the right sleeping environment: Studies show that people sleep best in a dark room that is slightly on the cool side. Close your blinds or curtains (and make sure they're heavy enough to block out light) and turn down the thermostat in your room (pile on extra blankets or wear PJs if you're cold). Lots of noise can be a sleep turnoff, too.



Wake up with bright light: Bright light in the morning signals to your body that it's time to get going. If it's dark in your room, it can help to turn on a light as soon as your alarm goes off.

FOR YOUR CALENDAR

Tuesday 24 th April	 OPEN NIGHT Try a Trade Excursion (some Yr 9 & 10 students)
Wednesday 25 th April	ANZAC DAY PUBLIC HOLIDAY – NO CLASSES
Thursday 26 th April	Applications for Year 7 SEAL 2019 close Monash Champions excursion (selected Year 10 students)
Friday 27 th April	Athletics Carnival
Tuesday 1 st May	 PARENT TEACHER INTERVIEWS Senior Netball, soccer and AFL (note change of date)
Thursday 3 rd May	VCE and Careers Expo (Year 10)
Saturday 5 th May	SEAL testing for year 7s in 2019
Monday 7 th May	Junior and intermediate girls AFL, boys netball 8E Excursion to the Immigration Museum (excursion cancelled)
Wednesday 9 th May	Year 7 Science incursion – Professor Bunsen Yr 11 Geog Field Work Lysterfield Lake Pre CBD excursion - selected Year 9 students Yr 9 Outdoor Education Camp – Wilson’s Prom
Thursday 10 th May	Senior girls AFL Yr 9 Outdoor Education Camp – Wilson’s Prom
Friday 11 th May	Yr 11 Biology excursion –Melbourne Zoo
Monday 14 th May	Intermediate netball soccer, AFL
Tuesday 15 th May	NAPLAN – Year 7 & 9 Yr 11 Environmental Science excursion – Aquarium
Wednesday 16 th May	NAPLAN – Year 7 & 9
Thursday 17 th May	NAPLAN – Year 7 & 9 Yr 12 Environmental Science excursion – Lysterfield Lake
Tuesday 22 nd May	Division Cross Country
Wednesday 23 rd May	Yr 12 Business Management excursion – Yakault and Australia Post 1 st group
Thursday 24 th May	Year 8 netball, soccer and AFL Yr 12 Business Management excursion – Yakault and Australia Post – 2 nd group
Week of 28 th May to 8 th June	Year 9 C.B.D. Experience 9A – E
Week of 4 th June to 8 th June	Year 9 C.B.D. Experience 9F – K
Friday 15 th June	CURRICULUM DAY – NO SCHEDULED CLASSES