



Year 2 Room 4
Students at the
WJPS Vegetable
Garden

Principal's Message

Dear Parents and Caregivers

I would like to welcome back to Westminster Junior Primary School Miss Thompson who has been away on leave for the past 6 months. Even though Miss Thompson enjoys looking after her garden the nurturing of young minds is her passion and we are very pleased that she is leaving her garden to the elements and has returned to us. Thank you to Mrs Keene who took over from Miss Thompson and as usual, did a first-rate job. Welcome back this term also to Mrs Winter who only took 7 weeks leave and obviously just couldn't keep away.

A BIG thankyou to the P&C committee who once again went above and beyond organising the school disco last Friday night. From my position (as far as possible from the "music") the children looked like they were having a fantastic time. Once again the P&C members came through and provided an event that was both enjoyable and profitable. PLEASE give some thought to volunteering for the P&C as the people who do so now, will be looking to move on in the next couple of years. If we don't have a P&C then we don't have a uniform shop or a canteen or a host of other things that they fund each year including book prizes at the final assembly.

HOW SCREEN TIME AFFECTS REST

When little ones don't get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioral problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

"The main effect of overusing media devices is that it can decrease the total amount of sleep kids get," says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children's bedtimes, resulting in less time being available for sleep.
- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

SCHOOL CONTRIBUTIONS 2014

School Contributions help towards providing important resources for your child. Thank you to all of our wonderful parents who have already paid their School Voluntary Contributions for those who have yet to pay, we would appreciate your support as soon as possible. These monies go to supporting the purchase of equipment *to benefit your children.*

2014 Contributions

Kindy - \$50

PP-Year 3

1 child (\$20)

2 children (\$30)

3 or more children (\$40)

THANKS TO SUPPORT FROM WESTMINSTER IGA WE ARE ABLE TO OFFER TWO SHOPPING VOUCHERS AS RAFFLE PRIZES FOR ALL WHO PAY THESE FEES.

Westminster Junior Primary Calendar Dates

- Tuesday 28th October- Room 9 Assembly.
- 29th Oct, 5th & 12th November- Food Cents Parent/Community Information Sessions.
- Week 3,4 & 5- Suitcase Circus
- 17th – 21st November- WJPS Art Show.
- Tuesday 16th December- WJPS Christmas Pageant.
- Thursday 18th December- Last day of Term 4.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- Set a 'bed time' for media devices - this should happen one or two hours before kids go to sleep, and applies to adults too, so everyone gets into good habits.
- Tweak their bedtime routine - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- Replace screen time with exercise during the day - outdoor exercise in bright light is wonderful for sleep and helps balance their 'virtual' and real lives.

•Limit food and drinks during screen time, especially at night - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones. What constitutes 'too much' screen time remains to be defined. You might like to read up on the Department of Health guidelines.

They recommend that children five to 12 years have no more than two hours of screen-based entertainment per day, and that two-to-five year olds have less than one hour.

Dr Loughran is currently recruiting for participants to take part in the following research programs being run at the University of Wollongong:

- The impact of sleep deprivation and screen time on children with and without ADHD.
- The effects of mobile phone emissions on brain activity in children during sleep.

If you are interested in getting involved, please contact her at loughran@uow.edu.au

Attention Parents and Caregivers of Kindy, Pre Primary, Year 1 & Year 2 students - 2015 Classes:

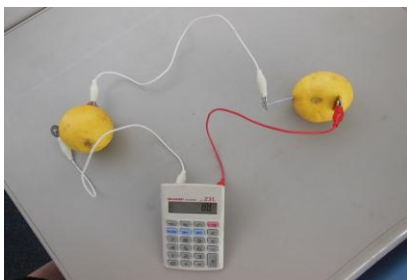
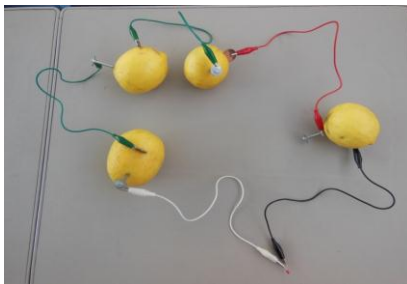
To enable a smooth transition for classes in 2015, please complete & return the **Westminster JPS Class Planning 2015 slip**, on the back of this newsletter if your child **IS NOT** returning to our school in 2015. Your assistance in this matter is appreciated.

Chris Flynn
Principal
(08) 9349 4290
chris.flynn@education.wa.edu.au

School News

Year 3 Lemon Electricity Experiment

Mr Anastas and the Year 3 Room 3 students conducted a 'Lemon Electricity Experiment'. Lemon is a citrus fruit with a high acid content. High acidity makes it suitable to work as an electrolyte and capable of generating electricity. The students learnt how a highly acidic electrolytic solution works with metals to give ions, positive and negative charges and becomes a tiny source of electric current.



Diwali

Thursday 23rd October marks a special day on the Hindu calendar – Diwali (pronounced Divali).

Diwali is a festival of lights and is a gazette holiday in India. Followers of Buddhism, Hinduism, Jainism and Sikhism observe various customs related to Diwali.

Diwali is a festival of lights symbolizing the victory of righteousness and the lifting of spiritual darkness.

We wish all WJPS students and families celebrating this special day a 'Happy Diwali'.



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Primary School

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For Student Absences
please contact the
office on:

(08) 9349 4290



Community News

Food Cents- See flyer below for more information. There is a **FREE crèche** available and also Interpreters are available on request. Expressions of Interest please see WJPS office.

Proudly supported by WJPS, Cancer Council WA and in partnership with The Smith Family.



Child and Parent Centre
Westminster



Want to learn how to improve your
family's diet on a budget?

food
cents[®]

FREE Community Information Sessions

VENUE: Child and Parent Centre – Westminster
24 Marloo Road, Westminster

DATE: **3 consecutive Wednesdays,**
29th October, 5th and 12th November 2014

TIME: 9:00am-11am

COST: Free

FREE crèche available!

RSVPs required.

*To reserve your place or for more information please contact:
Westminster Junior Primary School Office on 9349 4290 or drop into the school office to
register*

Supported by:



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WESTMINSTER JUNIOR PRIMARY SCHOOL PHOTOS



WESTMINSTER JUNIOR PRIMARY SCHOOL CLASS PLANNING 2015

Please complete and return the cut off slip to your child's class teacher if your child will not be returning to WJPS in 2015.

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(Name of Student and class) _____ will not be returning to Westminster JPS in 2015.

(Parents Name) _____

Parent/Caregiver to Sign _____

Date _____