



**Kia ora tatou katoa - hi everyone**

**No 16**

**1 June 2017**

**WELCOME** to Aarav Kumar who started at Papanui Primary this week. We know he will enjoy his time here, learning and making new friends.

### **SIT LESS, MOVE MORE, SLEEP WELL**

The Ministries of Health and Education together with Sport New Zealand have released new Physical Activity Guidelines for children and young people (five to 17 years). For the first time these guidelines include recommendations for sleep.

Up to one in four New Zealand children aged five-13 years, and one in five teenagers (14-17 years) may not be getting enough sleep (NZ Health Survey 2013/14).

### **Why is sleep important?**

Children who do not get enough sleep can be hyperactive, impulsive and have a short attention span. They are more likely to struggle with verbal creativity and problem solving, and generally score lower on IQ tests. A short sleep duration could produce adverse hormonal changes like those potentially associated with obesity, diabetes, and hypertension.

A Canadian study found that children aged 10-12 years who slept the least on school nights were significantly less active and more sedentary than those who slept most. Additionally, children with higher physical activity levels are less likely to be sleepy during the daytime.

### **What can schools consider doing to support children getting sufficient sleep?**

Yes - schools have a responsibility as determined by the Ministries of Health and Education.

- Time spent outdoors such as through active play or active transport increases exposure to sunlight, which helps regulate sleep patterns.
- Physical activity helps children fall asleep faster.
- Schools can consider homework demands.
- Encourage children to be active during the day.

At a conference I attended recently, brain function and its impact on learning was discussed. Sleep was identified as being critical for healthy brain function. Sleep re-energizes the body's cells, clears waste from the brain, and supports learning and memory through a process called neuroplasticity.

### **How can families support children getting sufficient sleep?**

The most positive impact upon sleep can be made at home. Back in 2015, in Newsletter no 17, I shared the following recommendations from Dr Michael Carr-Gregg and they are still relevant.

- No technology in bedrooms (this includes TV)
- Reduce the exposure to artificial light (SCREENS) in the time before bed
- Have a calm pre-bed routine (a great time for you to read to your child)
- Caffeine free after midday - for children and young adults this would be energy drinks (although one can question the need for energy drinks at all for children)

### **Check out this site for more tips**

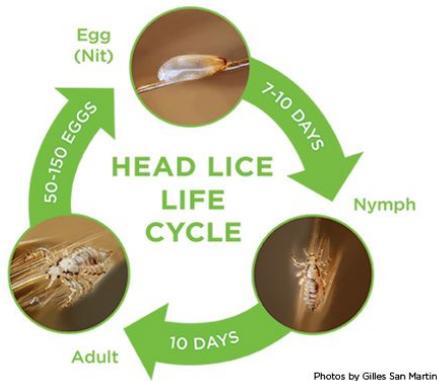
[www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/sleeping/helping-children-sleep-better](http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/sleeping/helping-children-sleep-better).

### **FRASER STREET/CRAFORD STREET INTERSECTION IMPROVEMENTS**

The installation of a traffic island will take place on **Friday 2 June between 9am and 3pm**. It may make things a little trickier if you use this intersection - **TAKE CARE**. See the school website or Facebook page for details

## NITS - HEADLICE

Nits are a recurring problem at school that affect most children at some point in their schooling. Some children seem to be “nit magnets” while others may only get a few “visits”. Here are some useful Ideas from the District Health Board.



### Prevention

The best way to stop infection is for families to regularly check hair. Finding and then treating lice will break the life cycle and stop the lice from breeding. Also:

- Tie up long hair
- Nightly hair brushing

And do not share towels, combs, brushes, hats, helmets or other accessories

Apparently hair straighteners are great for blitzing live critters, cooking the eggs and loosening the egg cases.

**If the cost of treatment is an issue, a Doctor’s appointment is free and so is the prescription they are able to provide.**

If you don’t like treating with shampoos, Wet Combing is an alternative. The link below has a Youtube clip and instructions <https://patient.info/health/wet-combing-treatment-for-head-lice>

## SCHOOL ACCOUNTS

These will be coming home this week with your child. Thank you to those families who clear their account promptly or are making regular payments towards it. Currently there are a number of family accounts that have built up significantly with no payments being made regularly. ***If this is you - we would appreciate you giving this matter your urgent attention. We will be following up with letters and phone calls.***



Our new system makes it easy to keep track of your school account and manage payments. This is our preferred method of paying so please go to our website [www.papanuiprimary.school.nz](http://www.papanuiprimary.school.nz) and follow the easy steps to sign up under the tab ‘School Shop’, ‘New Users’.

## CENTRALS CROSS COUNTRY

Congratulations to Maddox and Kiera who have successfully made it through to the Primary Schools Cross Country at Halswell Quarry on the 21st of June . Kiera placed 5th overall at the North Zones and Maddox also placed 5th. Well done. More detailed information about the event will come home next week.



**UNIFORM SALES - Take place on a Monday**

**ENTERTAINMENT BOOKS - \$65 available from the School Office**

## Upcoming Events

12 June	Teacher Only Day
23 June	School Disco, Juniors 6-7.15pm, Seniors 7.30-9pm
4 July	Mid Year Reporting, 2pm Finish
5 July	Mid Year Reporting, 2pm Finish
7 July	Term 1 Finishes

***Kia kaha te menemene - keep smiling***  
**Paul**