



## **YEAR 7**

Permission forms for Camp Coolamatong were sent home last week. Please return completed permission forms and payment as soon as possible. A payment plan is available – see staff at the general office for this.

## **YEAR 9**

Students will soon receive their final progress report for the semester. The report will highlight areas for improvement that will need addressing before the final semester report is written. Students are encouraged to discuss their progress with their teachers. The homework club runs on Thursday nights from 3.15-5.15 pm in the Library. This is an excellent opportunity for students to complete tasks that are still outstanding. We encourage all Year 9 students to make use of this facility.

**Cleo Lazaris - Year 9 Team Leader**

## **YEAR 10**

### **Team Time**

Andrew Blaney from Latrobe Community Health Services spoke to Year 10 boys about healthy relationships. He discussed the importance of respect and communication in relationships. A second session will be held in two weeks. Similar sessions for girls will commence shortly.

### **Interschool Debate**

Congratulations to Jade Bunker, Sarah Darling, Sarah Mayo and Alec Welsh who represented our school in an interschool debate against Lowanna College. The topic was that street art should be shown in a gallery. Our team argument was that street art belongs in the street, not in a gallery. Our debaters had solid arguments, spoke well and succeeded in being the most convincing team. Well done Team Kurnai!

### **Sporting Achievements**

Congratulations to William McIlwain for competing in the State Under 18 Lawn Bowls in Bendigo. William is currently trying out for the Victorian squad team.

Good luck to Alex Bowman and Isaac Abas who are in the process of applying for soccer scholarships.

## **WOOLWORTHS EARN & LEARN PROGRAM**

This year's **Woolworths Earn & Learn Program** commenced on 9<sup>th</sup> May until 1<sup>st</sup> July. For every \$10 spent at Woolworths earn 1 sticker. Place stickers on sticker card and when full place in collection box at the general office. Spare cards available at office or Woolworths. Help our school earn some great learning resources.

## **POSITIVE BEHAVIOUR SUPPORT ((PBS))**

Every week teachers are asked to consider which students have demonstrated stand-out behaviour in the area of our school pillars – Relationships, Engagement, Work Ethic and Excellence. A postcard is sent home to let families know about their student's positive behaviour. Congratulations to the following students for receiving a postcard recognising their achievements and demonstrating one of our four pillars:

<b>Relationships</b>	<b>Work Ethic</b>	<b>Excellence</b>	<b>Engagement</b>
Samantha Weuffen	Abbey Brabazon	Tiara Vajler	Tiara Vajler
Rachael Rigby	Jade Smith	Kayla Joy Taylor	Emily Bartel
Claudia Logiodice	Kuku Mahammud	Taria Dykes	Bradley Rogers
	Beau Ward	Jorja Pendlebury	Sarah Mayo
	Chloe Helmuth	Jennifer Kilpatrick	Alec Welsh
	Alex Bowman	Luke Buurman	Jade Bunker
		Rebecca McDonald	Sarah Darling
			Garang Jok

## **IS YOUR SON OR DAUGHTER GETTING ENOUGH SLEEP??**

The Year 8 team is concerned about how tired some of our students are at present, particularly on a Monday morning. Sleep research suggests a teenager needs between 9 and 10 hours of sleep every night. This is more than the amount a child or an adult needs yet most teenagers only get about 6 or 7 hours. Some get a lot less. Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager's life including reduced academic performance at school.

## Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:



- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

## Effects of sleep deprivation

The effects of chronic (ongoing) sleep deprivation may include: Mentally ‘drifting off’ in class and shortened attention span, poor decision making, lack of enthusiasm, moodiness and aggression and depression.

## Preventing sleep deprivation – tips for parents

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday so they are not exhausted at school on a Monday.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.

Help us help your son or daughter be successful at school.



## COLLEGE MUSIC

### Performance Review – Generations In Jazz Festival, Mt Gambier

The College Big Band just returned from their interstate performance in Mt Gambier for the Generations In Jazz Festival. Kurnai College was one of 130 schools from across the country at the festival, which hosted and featured some 2,500 music students.

Up on stage, this was probably one of the best moments the Big Band has sounded as a group. There were opportunities where we were able to hear other schools from other sections perform, and it was great to see what can be done from similar aged students.

In all, this festival is one experience the individual had to physically witness.



Any interested students wanting to experience such opportunities should enrol in the Music Program now in order to prepare themselves for future interstate performances.

### Music Instrument classes available on:

Trombone; Trumpet; French Horn; Saxophone/clarinet; Flute.

Get an Expression of Interest Form from the general office if interested. Can commence classes on the above instruments ASAP.

## **COMMUNITY ANNOUNCEMENTS**

### **BRAHA'S MARTIAL ARTS – TAE KWON DO**

On Tuesday and Thursday between 4.30-5.30 pm in the gym at Kurnai College, Morwell. Cost \$17.00 per week. Free introductory lesson. Contact Instructor Adonis Mazzarella Ph 0412 498 480.

### **ARCHERY**

Archery is a sport for all seasons and ages. Beginners night, Mondays 6.00–9.00 pm at Toner's Lane, Morwell. Contact Peter Bennett on 0429 429 240 or Merv Grinstead on 0427 346 375.