The Importance of Sleep
We all know how sleep affects our life – a good night sleep makes life’s dilemmas easier to cope with while a bad night’s sleep (or limited sleep) makes us grumpy, lethargic and mostly no fun to be around. Sleep problems in kids don’t just drive parents batty, they also affect children’s health and development, and even academic performance, growth and even immunity.

Sleep researcher and psychologist Dr Sarah Blunden, from the Centre for Sleep Research at the University of South Australia, told a recent psychology conference in Melbourne (2010) that sleep problems – which can be medical or behavioural – can affect memory, attention, thinking ability and behaviour. For children there are also studies that link bed wetting with sleep problems.

The most common cause of medical sleep problems is snoring and obstructive sleep apnoea (holding the breath), but sleep walking or night terrors, periodic limb movement disorder or restless leg syndrome and other conditions, such as asthma and eczema, can also affect sleep. Behavioural sleep problems can include difficulty falling or staying asleep, resisting going to bed, changing sleep hours (like teenagers do), and getting out of bed during the night.

So what is enough sleep?
- Toddlers need 12 to 14 hours sleep daily
- Primary school kids 10 to 12 hours
- Adolescents need about 8½ to 9½ hours of sleep per night

A message from C&K Kindergarten...
C&K Kindy are now taking enrolments for 2015, so head over and introduce yourself to Iris and her team. C&K Kindy are now taking enrolments for 2015, so head over and introduce yourself to Iris and her team.

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Centenary Celebrations 1914-2014
Dimbulah State School

Date: Saturday 27th September

Time: 10 am: Start with registration, memorabilia display, school tours
7:30 pm: Fireworks followed by games on the oval.

All past and present students, teachers and principals are invited to attend.

The School Watch Program is a partnership between Department of Education and Training, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland.

PUPIL FREE DAY
The first day back next term is Tuesday the 7th as Monday is a public holiday. The next Pupil Free day will take place on Monday 20th of October; this day third Monday back. On this day the teachers will participate in professional development with a specific focus on explicit teaching.

EVERYDAY COUNTS.
Congratulations to 2/3B and 5/6A for awesome attendance this week and also great to see some classes out of the red this week and into the yellow.

SCHOOL WATCH – THESE HOLIDAYS
At times and especially during these upcoming holidays, we need you to look out for after-hours crime in our school. If you see anything suspicious, please remember to call the School Watch number 13 17 88. The School Watch Program is a partnership between Department of Education and Training, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland.

Date Claims
Fri 19 Sept  Last day of term 3
Thu 7 Oct  First day term 4
Mon 20 Oct  Pupil Free Day
Oct 24 31  Swimming
Nov 7  14, 21, 28  Swimming
Sat 1 Nov  School Fete
Thu 27 Nov  Movie Night
REMINDER - BOOK DONATIONS WANTED
After School Care is asking for donations of books for their book stall. All sorts of books wanted from text books, children’s books, love stories, fiction, non-fiction, fishing camping as many varieties that we can manage. If you have any books in good condition that you can donate please drop them off to Julie at Balaclava After School Care.

REMINDER - INVITATION TO MPI WALK 4 LIFE
Saturday, 27th of September
The Good Start Program is inviting you and your school and their families to participate in the Maori and Pacific Islander (MPI) Walk for life (during Cultural Diversity Week). This is a FREE event. MPI Walk for Life is an event created to encourage healthy living with children and families and recognition of those who have or know someone who has suffered from a chronic disease. This event is a family event and to encourage Community to come together and be advocates for healthy living. It would be great if you could promote this event those communities. Fly the first 150 to register will receive a t-shirt on the day.

Kind regards, Debra Modra, Multicultural Health Worker, Good Start Program - Cairns
Child and Youth Community Health Service

PREP ENROLMENTS FOR 2015
We have a number of prep students enrolled for next year already. This is fantastic for this time of year. Of course we have room for plenty more. Do you have a younger sibling due to enrol into Prep for 2015? Children born between 1st July 2009 and 30th June 2010 are eligible to enrol this term for Prep here at Balalava State School. Birth certificates must be presented upon enrolment. Enquiries are most welcome on (07) 4081 5333

BREAKFAST READING
The breakfast reading program will continue this term with reading and breakfast available from 8 am until 8:30 each Monday and Thursday morning. Students who read 5 times will receive a McDonald’s voucher. We have approximately 15 – 20 students who turn up each day for this program but all are welcome.

CELEBRATE DISABILITY ACTION WEEK 2014
People and organisations across Queensland will come together through a diverse range of events to celebrate this year’s Disability Action Week, from 14 to 20 September 2014.

With one in five Queenslanders having a disability, and disability touching the lives of most Queenslanders in some way, Disability Action Week aims to empower people with disability, raise awareness, and improve access and inclusion throughout the community. These actions are so important as Queensland starts to get ready for the transition to the National Disability Insurance Scheme (NDIS) from 1 July 2016. That’s why during this year’s Disability Action Week, we are asking all Queenslanders: what actions are you taking to get ready for the NDIS?

From art exhibitions and afternoon teas to sports days and sensory sessions, Disability Action Week 2014 offers something for everyone and is a great opportunity for Queenslanders to get together to discuss the opportunities the NDIS will bring.

More to follow
Jane Termaat
Principal