

Dear Parents/Carers

🌙 The Importance of Good Sleep for School Success 🌙

In a recent classroom discussion at Cygnets Primary School, students explored the reasons why children might be absent from school. Unsurprisingly, illness topped the list—but what came next was quite revealing: the second most common reason for missing school was because **children feel too tired to come to school**.

What was encouraging was that students themselves identified simple, practical ways to reduce this barrier to attending school. They suggested going to bed earlier and **putting away devices and computer games at least 30 minutes before bedtime** to help their minds wind down. This kind of self-awareness is a great step toward building healthy habits! Oh, and our students would also like me to schedule nap times throughout the school day and run a Sleep Club!



Getting enough sleep is essential for children's learning, behaviour, and overall wellbeing. Here are some **top tips** to help your child get the rest they need:

- ✅ **Establish a consistent bedtime routine** – Aim for the same bedtime and wake-up time every day, even on weekends.
- ✅ **Create a calm sleep environment** – Keep bedrooms quiet, dark, and cool.
- ✅ **Limit screen time before bed** – Encourage children to turn off devices at least 30–60 minutes before sleep.
- ✅ **Avoid sugary snacks or drinks in the evening** – These can interfere with falling asleep.
- ✅ **Encourage relaxing activities before bed** – Reading a book, listening to calm music, or having a warm bath can help children unwind.

So, how much sleep do children actually need?

Children aged **5 to 12 years** should be getting **9 to 11 hours of sleep each night**.

When children get enough sleep, they're more likely to be alert, engaged, and ready to learn.

📖 Further Reading & Support

- [Healthy Sleep – Children's Health Queensland](#)
- [Safe Sleep and Rest – Child Australia](#)

Let's work together to support our students in building strong sleep habits—because a well-rested child is a happier child and a thriving learner!

Warm regards,

Darryl Williams
Principal



—

Congratulations!

Mirrin Cooke & Alira Robinson

George Evans for **Courage** by bringing a different perspective to discussions, at different times in the day.

Izzy Daniels for **Mindfulness** for consistently following expectations.

Elora Finlan for **Enthusiasm**, Elora you consistently demonstrate an eagerness to learn with a positive & upbeat attitude. You are a pleasure to have in class.

Lucas Stennings for **Mindfulness**, Lucas you should be proud of your increased focus & concentration on your learning. Keep it up!

Anna Cleary- Sasse for **Empathy**, for being such a kind & caring member of our class, always showing respect.

Luka Iten-Klockenbring for **Courage & Purpose**, by working hard on his reading even reading books about Greek Myths for Premier's Reading Challenge in French! And having the courage to join the Year 2's for reading groups to join the day with a smile.

Frankie Watson for **Purpose**, trying extremely hard learning his sounds & practising in reading groups.

Chloe Robson for **Gratitude**, sharing care for others & nature & using beautiful manners.

Kieran Heathcote for **Focus**, Kieran has been working hard to improve his focus & his writing is really shining. Awesome work, Kieran!

Lilly Goodwin for **Empathy**, Lilly includes others in games & always treats others with care & respect.

Finn Smillie for **Purposefulness**, by demonstrating determination & resolve in his learning activities.

Frankie Crosbee for Gratitude, for being grateful for the opportunities school presents.

Callie Robinson for **Respect**, always lining up safely & sensibly & moving safely around the school.

Zach Jarrett for **Mindfulness**, for showing mindfulness & focus to complete tasks in a set time frame.

Morning Tea with the Governor

Five of our 5/6 students had the pleasure of joining Her Excellency for morning tea last Friday 1st August at Cygnet Town Hall today. They represented our school extremely well with poise and confidence.



Congratulations!

To the following Students on receiving SRC for Term 3

3/4 Green

Jethro Sherriff

Llewellyn Tucker- Ellis

3/4 Yellow

Oliver (Ollie) Wicks

Kieran Heathcote

5/6 Green

Josephine (Jo) Hopwood

5/6 Yellow

Neiva Lucani



Book Covering Volunteers

Our school has received another supply of decodable home readers, for use in teaching phonics to our students. The books will be able to be used in teaching and for home use from next year, but the time needed to cover these for durability is more than our Library can achieve in the allotted hours. If there are any parents or carers who have some time to spare to cover these with contact, the school would greatly appreciate your help. Volunteers need not hold a current WWVP card to do this, as the books can be taken home to cover and then returned. All materials and a tutorial, if necessary, can be supplied. If you are interested in volunteering for this, please contact Bec in the library at Rebecca.greeves@decyp.tas.gov.au or contact the office to register your interest.

TERM 3 UPCOMING EVENTS

Monday 11th August

1:45 pm -2:30 pm
NED'S Resilience Show
All classes

Tuesday 12 August

1:45 - 2:55pm
Young Tassie Scientists visit
Grade 5/6

Monday 18th – Friday 22nd August BOOK WEEK

Tuesday 19th August

9:15am
Book Week Parade
Whole School

Winter Sports Carnival
Selected Gr 6 Students

Tuesday 26th August

H&C Volleyball Carnival
Kingborough Sports Centre
Selected Grade 6s

Friday 5 September

2pm
Prep Fathers/Special People Day

Friday 12th September

2:15pm
Cygnet Area Concert Band Performance

Tuesday 16th September

9:10am
Musica Viva Performance "Life is an Echo"
Whole School

Friday 26th September

Last day of term 3

