Dear Parents, Guardians, Students and Staff of St Norbert College

RECONCILIATION WEEK:
There can be good intentions in setting aside a day or a week in the Australian calendar to recognise the country’s first people. Coming to understand the cultural background of the Aboriginal people is a major step forward in effecting a positive relationship and hence a cornerstone to effective Reconciliation. The Six Seasons can be a case in point. What do we know of them?

Katitjin is the centrepiece of Edith Cowan University’s Indigenous/Australian Centre for Education and Research. Its newsletters regularly feature an article about one of the six seasons that the Aboriginal people recognised as part of a changing cycle or weather pattern as characterised by changes in vegetation. These changes in turn affected the pattern of life for the animals and food supplies.

NYOONGAR SEASONS:
Exploring Woodlands with Noongars has a chapter devoted to the Noongar seasons. There are six seasons in the Noongar season cycle.

- Bunuru: February- March
- Djeran: April- May
- Makuru: June- July
- Djilba: August- September
- Kambarang: October- November
- Birak: December- January

MAKURU:
This Aboriginal season coincides with June-July and some cold gusty wet weather which nourishes flowering plants such as Cauliflower Hakea, Hakea Victoria, Prickly Moses, Scarlet Banksia, Native Wisteria, Bacon and eggs plants and Leucopogon Apiculatus with its little white flowers found in the heath if in the lower south west in the middle of the year. July and August are the best month to see the Southern Right Whales at Point Ann out from Albany. Kuljak (Black Swans) began moulting, making them unable to fly and thus became easier targets for hunting.

Prayer
Grant me, O Lord, to know what I ought to know,
To love Whom I ought to love,
To praise what delights You most,
To value what is worthwhile,
To hate what is offensive to You.
May I learn not to judge others or to listen to the gossip of others;
May I learn to discern between right and wrong, and above all, may I do the good you would have me do.

AMEN.
St Norbert, pray for us
During Makuru in the pre-European settlement era, local people moved inland from coastal regions to hunt and to dig at known locations for starchy tubers such as yam, when the inland water supplies such as offered by gnamma holes and seasonal waterways were assured. Hunting water fowl especially the larger Kuljak (Black Swans) was a feature of the inland travel. Collecting the Tribonanthus tubers added balance to the diet and favourite spots were revisited on these cyclical travels. In very chilly weather people could be kept warm by holding smouldering Bull Banksia branches (Banksia grandis) beneath bookas—skin cloaks. Joobaitch who was referred to as the last of the Perth ‘full bloods’ by Daisy Bates, wore a booka comprising seven kangaroo skins stitched together. The recognised leader of the Kangaroo skin group, Joobaitch died locally in the Mandoon encampment at the foot of the Darling Ranges near the Canning River in 1907.

At St Norbert College we are continuing our preparation for Reconciliation Week which is honoured across Australia, conscious that in order to be prepared for all good works, we do indeed need to be prepared.

Mr Clement Mulcahy (Principal)

REMINDERS
- Monday 20 June, Applications open on-line for 2017 Blessed Ricvera Music Scholarship
- Tuesday 28 June, Year 10 Parent Information Evening Expo 6.00pm - Presentation - 6.30pm - Fr Peter O’Reilly Centre
- Friday 1 July 1.30pm - NAIDOC assembly - Fr Peter O’Reilly Centre - ALL welcome

EXAMINATIONS
Congratulations to our Year 10-12 students for their excellent conduct during the recent exams. It is now time to reflect on the results from these exams and to seek ways to improve before the end of the year. I have information on Revision Courses available during the July holidays and strongly encourage students to enrol in these to assist with improving before the end of the year.

UNIVERSITY OF NOTRE DAME EARLY OFFER PROGRAM
The University of Notre Dame introduced the Early Offer Program in 2006 to acknowledge and reward the achievements of outstanding Year 12 students. If you have a predicted ATAR above 90 (or, if applying for Bachelor of Law or Bachelor of Physiotherapy, an predicted ATAR above 93) and have made a significant contribution to church, school and community life, then you should consider applying for the Early Offer. The Early offers are made in September and November. Application Forms are available from Ms Rainford. Applications close on Friday 29 July.

ST NORBERT DAY
We were blessed that the rain held off for our St Norbert Day celebrations on Friday 10 June. After celebrating a beautiful mass, the students and staff played out an exciting Staff v Students Soccer match that ended in a 3-3 draw. The Golden Boots will be awarded to the MVPs from each team at assembly. Students and staff then dispersed to several different activities that included the Zoo, Rollerskating, Iceskating, Mountain Biking, Laser Tag, Ultimate Room Escape and even My Kitchen Rules! Thank you to all staff, students and parents for contributing to make the day one that showed our wonderful community spirit.

Ms S Rainford (Dean of Studies)
THE IMPORTANCE OF SLEEP

Last week MindMatters ran a seminar where Jason Van Schie, a sleep expert from http://www.peoplediagnostix.com.au/ spoke about the importance of sleep to everyone, but especially to young people.

SLEEP AND YOUNG PEOPLE

We sleep so we can be active focused and feel good during the day. Almost everyone has had a bad night’s sleep and knows what it feels like...

We know that young people are more likely to experience problems with their sleep because of all the changes occurring in adolescence.

Everyone is different, and our need for sleep changes over time. What is important is finding a balance that allows us to get the sleep we need as well as achieve our goals and have fun during the day.

SO.... What’s the right balance for you?

Sleep is super important and it changes during adolescence.

As you enter adolescence, natural hormonal changes shift your body clock and cause changes to your sleep patterns. Your body clock regulates many of your body’s patterns, including when you sleep and when you wake up. It’s normal to want to go to bed later than you used to, but the amount of sleep you need actually increases at this time.

Making sure you get enough sleep can be tricky, but it is important to find the right balance so you can be alert and energetic during the day and feel good about yourself.
Whilst the ideal amount of sleep will vary from person to person, if you find you are:
- feeling tired in the mornings or after lunch
- having difficulty concentrating and remembering things
- feeling more irritable than usual
- feeling less energetic
You are probably not getting enough sleep. Sleep deprivation can become like a vicious cycle that is often avoidable.

The remainder of this article can be viewed at:

The Pastoral Care Team

YEAR 7 SCIENCE

COOKIE SCIENCE

Year 7 Science is currently studying the phases of the moon. On Monday 13 June, Class 4 had the opportunity to undertake a different way of studying the phases by using Oreo cookies! The students had to carefully separate the cookies and using a guide, model the different phases with the cream and biscuits. Once they had created the eight phases, they had to draw them on their page and then they got to eat the moons. A fun lesson had by all.

Miss D Pisconeri (Science Teacher)

RELIGIOUS EDUCATION

BISHOPS’ RELIGIOUS LITERACY ASSESSMENT FOR YEAR 9 STUDENTS

At the request of the Western Australian Bishops, Year 9 students in Catholic schools in Western Australia will take part in The Bishops’ Religious Literacy Assessment (BRLA). At St Norbert College this test is scheduled for Wednesday 27 July (Term Three, Week 2).

The BRLA provides a ‘point in time’ snapshot of student performance in Religious Education (RE). Students’ knowledge and understanding of the content of the RE curriculum is assessed using a combination of multiple-choice, short and extended response items. Students’ faith is not assessed.

As the BRLA is completed online, students need to ensure they have fully charged, working laptops.

Ms M Ronchi (Head of Learning Area – Religious Education)

STUDENT MINISTRY

SHOPFRONT WINTER APPEAL

Student Ministry are running a canned food and warm clothes appeal for Shopfront, which is a Catholic agency that is a drop in and referral centre, offering support and friendship to those in need. We are asking for donations of canned food and warm winter clothes and blankets. Please bring your donations to Student Ministry and assist those in need during the cold winter months. Our aim is to donate 1000 cans this year, so please assist Student Ministry in reaching this goal. Donations of warm winter clothes, blankets and sleeping bags are also greatly required.

Ms M Kyd (Campus Ministry Coordinator)

“Prepared For All Good Works”
YEAR 8 & 9 FOOTBALL
YEAR 8/9 SCHOOLSBOYS CUP FOOTBALL
19 May vs Chisholm College
We jumped on the bus to take on Chisholm and with numerous injuries were severely lacking in numbers with only 17 players (with some of those also carrying injuries). We arrived at the ground ready to play and in military-like formation the boys were quickly into some warm ups under the direction of Liam Belsher-Smith. The cracks were starting to show early on as the boys were run ragged by a Chisholm outfit that boasted a few more players although full credit to the opposition who agreed to play 17-a-side. The boys came off at half time puffing harder than the Prince of Penzance after winning the Melbourne Cup and with no interchange to call upon, the boys acknowledged that they had to work harder to man-up and get numbers to the contest. Despite our best efforts and unfortunately with no fuel left in the tank, Chisholm put on a clinic in the second half and ran out convincing winners. Thanks to parents and students who came and supported the boys.
Chisholm College 11.8.74 defeated St Norbert College 0.4.4
Best Players: Airmias Berhane, Liam Belsher-Smith,

26 May v Ballajura Community College
*Ballajura forfeit*

2 June v Hampton Senior High School
*Hampton SHS forfeit*

9 June v Ellenbrook Secondary College
Hearing the news that Hampton Senior High School had forfeited (after numerous attempts to reschedule the game during our bye week in Week 8), the boys walked across to Queens Park Reserve with an air of anticipation and knowing that this was going to be the final game of the year, they wanted to put in a good showing. With three on the bench we had the numbers to take it to an undefeated Ellenbrook outfit. Unfortunately the first half was one we would rather forget with the boys showing little fight and minimal efforts to get first to the ball, against a much bigger and more skillful opposition. After receiving a rocket from Mr McGrath at the half time break, the boys showed a lot more fight in the second half, led courageously by Aldric Ratnasekera, who was seeing stars after a very solid bump and Izeldin Bol who was back in the side after a stint on the pine recovering from an injury. Unfortunately it wasn’t the end to the season we were hoping for and Ellenbrook ran away with the game.
Ellenbrook Secondary College 14.3.87 defeated St Norbert College 0.2.2
Best Players: Dermott Marovic, Airmias Berhane, Izeldin Bol

ACC CROSS COUNTRY CARNIVAL
The Associated and Catholic Colleges (ACC) Cross Country Carnival was held on Thursday 2 June at Alderbury Reserve, Perry Lakes. An impressive 68 students represented St Norbert College, who would compete against students from the 61 other competing schools.
We were extremely lucky that the sun was shining as more than 3000 competitors took to the track. The ACC ran a very professional competition that included healthy food vans for students to purchase lunches after their races.
The St Norbert College team finished middle of the pack in most divisions. Jaco Jansen van Rensberg finished second in the Under 15 Boys and has been selected into the ACC All Stars Cross Country Team for his outstanding performance. He was also sixth quickest male over all male divisions on the day, an impressive feat. MJ Jansen van Rensberg finished eighteenth in the Open boys after returning from injury, and Shenae Hartree finished thirty-first in Under 13 girls.
St Norbert College finished 24th overall out of all competing schools. It was a successful day for the College and I was very impressed with the sportsmanship of our students and how well they presented themselves.
Thank you to Mr Hodgen and Mr Gherardi who also attended on the day and trained the team in the lead up to the carnival.

SASJ
This week was the second last game for SASJ against Kennedy College. The students have been very competitive and committed to their teams. We have come up against some tough competition this term, which has challenged our students to dig deeper and push harder.
Thank you to all coaches for your dedication to your teams. Our sport captain Nathan Embleton, the Year 10 students and Certificate II and III students have also done an outstanding job of officiating and running the matches. Parents and staff are encouraged to come down and support our teams next Wednesday, in our final SASJ matches for the year against John Wollaston. Games start by 4.00pm. I look forward to seeing you there.

Miss M Gore (Head of Sport)
BLESSED RICVERA MUSIC SCHOLARSHIP
Applications for the 2017 Blessed Ricvera Music Scholarship opens online on Monday 20 June 2016. Application forms are available to download via the school website or from the front office. For further information regarding music scholarships please contact the College on 9350 5433 or email snc@norbert.wa.edu.au

SEMESTER 1 INSTRUMENTAL RECITAL SERIES
The Semester 1 Instrumental Recitals will be held from 4.00pm-6.00pm on Wednesday 22 and Thursday 23 June in the College Library. This informal performance afternoon is an opportunity for our instrumental students to share what they have been working on in their lessons, during the first half of the year. Please note, it is compulsory for all performing instrumental students to attend their recital afternoon and it is an expectation that all students will remain for the entire recital to support their peers. Parents and friends are welcome to attend the concerts and we ask that audience members arrive promptly for a 4.00pm start and remain until the conclusion of the recital. If you require any more information please contact Alicia Walter, Head of Performing Arts, on 9350 5433 or email awalter@norbert.wa.edu.au

TERM THREE INSTRUMENTAL LESSONS
A reminder that students wishing to withdraw from instrumental tuition at the end of Term Two must provide a written request from a parent or guardian, by no later than Friday 17 June 2016. Failure to comply with these guidelines (as noted in the 2016 Parent Information Booklet) will result in full payment of Term Three fees regardless of whether or not the student continues lessons. Thank you for your cooperation with this matter. If you would like to begin instrumental tuition or join one of the many College ensembles, please contact Mrs Freind, Music Administrator on 9350 5433 or email kfreind@norbert.wa.edu.au

KNITTING CLUB IS BACK
Knitting club is back for 2016. The staff and students gather on Wednesday at 1.00pm in the Br Patrick Forum. Please join us if you are free. We are also looking for donations of wool. All donations are gratefully accepted. For those who would like to contribute knitted squares to the project, please contact me at the College for specifications. All knitted squares will be sewn together to form blankets, which will be distributed to aged care facilities and orphanages on our next Pilgrimage to India.

ST NORBERT BREAKFAST CLUB
As we all know breakfast is the most important meal of the day, especially for students before they attend class. For many years now, the St Norbert College Breakfast Club has served breakfast to our students who either haven’t had time or opportunity to have it at home or alternatively have been at sports training before school. The numbers of students attending breakfast club on any given day ranges from 80-110 students.

We are very fortunate to receive the support of Foodbank for the food supplied to our Breakfast Club and at the moment, the program relies on the goodwill of staff volunteers and Year 9 students completing their Service Learning to make and serve the food each morning. It has come to a point that without further volunteer support, Breakfast Club at St Norbert College will no longer be sustainable.

In order to ensure the future of our Breakfast Club, we are seeking the help of parent volunteers. Parents who have children that attend the College’s morning sport activities or who have time to spare from 7.40 until 8.20am are encouraged to volunteer.

Please help us to keep Breakfast Club going!

For more information please contact Miss Stacey Fairhead, Breakfast Club Coordinator at the College on 93505433 or via email: sfairhead@norbert.wa.edu.au

ENTERTAINMENT BOOK
This year St Norbert College in conjunction with St Joseph’s P & F are selling the Entertainment Books to raise money to purchase imaginative play equipment for St Joseph’s school.

You can order your book or digital version online at https://www.entertainmentbook.com.au/orderbooks/8619m4 or you may purchase a book from Reception. Entertainment books will be available from 4 May.

Entertainment Books or the digital version are still only $65.00. Book Sales close on Thursday 30 June 2016.

The Uniform Shop
Opening Times Term Two and Three
Monday 8.30am - 11.30am and Thursday 1.00pm - 4.00pm
The aim of the WorkPrep Partnerships Program is to connect schools to industry to provide opportunities that prepare students for the challenges of 21st Century work. The focus is on developing core work skills and initiative by learning on the job.

**WORKPLACE PROGRAMS**

**WorkPrep Workplace Learning Program (Year 11 and 12 students)**
This program is endorsed by the School Curriculum and Standards Authority and counts toward graduation.

**2016 Dates**
Semester 1: 18 February to 19 May (12 days in total, one day per week)
Semester 2: 16 June to 15 September (12 days in total, one day per week)

**WorkPrep Taster Program (Year 10 students)**
This school developed program serves as an introduction to the world of work.

**2016 Dates**
Semester 1: 27 June to 1 July (5 day block release)
Semester 2: 19 to 23 September (five day block release)

**Benefits to Industry**
- developing in young people a realistic understanding of industry expectations and standards
- giving employers a valued training role in assisting young people in acquiring workplace skills
- providing access to a pool of pre-skilled and immediately productive young workers from which employers can recruit
- providing a direct link to schools and the opportunity to make education more relevant to industry needs

**Benefits to Students**
- developing first-hand experience in a real workplace in preparation for the transition from school to work
- developing competence in the core skills for work
- enhancing an understanding of the link between school studies and work
- developing career pathways that help students decide if a particular industry or job is right for them.

**Workplace Visits**
The school identifies students with aspirations to work in a particular industry. These students can visit your workplace premises for a “show and tell” session to give them exposure to a real workplace and job roles in that industry area.

**2016 Dates**
These tours can be arranged at any time but normally take place in October-December.

**ENTERPRISE PROJECTS**
Enterprise Projects are simulated or real-life activities that students undertake in teams to develop entrepreneurial behaviours.

These are completed at school through the guidance and mentoring of industry partners who provide the project conditions and information for students.

**2016 Dates**
Students will complete their enterprise projects from September - November

**If you are interested in partnering with St Norbert College for any WorkPrep Programs please contact the College.**
Mr Michael Openshaw
Head of Careers & VET
Ph: 08 9350 5433
mopenshaw@norbert.wa.edu.au

Mr Trevor Saunders
Work placement Coordinator
Ph: 0488 995 777
wpl@norbert.wa.edu.au

www.norbert.wa.edu.au
St Norbert College 135 Treasure Road Queens Park WA 6107 Ph: 08 9350 5433 snc@norbert.wa.edu.au
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Please help us to keep Breakfast Club going!

For more information please contact Stacey Fairhead, Breakfast Club Coordinator at the College on 93505433 or email: sfairhead@norbert.wa.edu.au
Riding the sleep wave
Sleep + Young People

Sleep Helps
We sleep so we can be active, focused and feel good during the day. Almost everyone has had a bad night’s sleep and knows what it feels like...
We know that young people are more likely to experience problems with their sleep because of all the changes occurring in adolescence. Everyone is different, and our need for sleep changes over time. What’s important is finding a balance that allows us to get the sleep we need as well as achieve our goals and have fun during the day.

SO... what’s the right balance for you?
How can you learn to take charge of your sleep and feel in control? Read on...

What’s your balance and how do you learn to get it right?

Adolescence and Sleep...
The sleep of 15-25 year olds
Sleep is super important and it changes during adolescence.
As you enter adolescence, natural hormone changes shift your body clock and cause changes to your sleep patterns. Your body clock regulates many of your body’s patterns, including when you sleep and when you wake up.
It’s normal to want to go to bed later than you used to, but the amount of sleep you need actually increases at this time.

Making sure you get enough sleep can be tricky, but it’s important to find the right balance so you can be alert and energetic during the day and feel good about yourself.

Whilst the ideal amount of sleep will vary from person to person, if you find you are:

- feeling tired in the mornings or after lunch
- having difficulty concentrating and remembering things
- feeling more irritable than usual
- feeling less energetic
You’re probably not getting enough sleep. Sleep deprivation can become like a vicious cycle that is often avoidable.

Our basic sleep / wake cycle impacts all aspects of our life. Sleep affects our physical health, our learning and concentration, our activity levels, emotions and relationships.

Relaxation Skills – Coping with Stress
Learning to relax is an important life skill and can help to improve your sleep.

It may sound simple, but learning to breathe in a calm and controlled way is an easy relaxation strategy that you can use before you go to bed or if you wake up in the night and find it hard to fall back to sleep.

Think waves, rhythmic sounds lapping on a beach... see it... breathe the sound out through your mouth... give it a go!

1. While sitting or lying down, make yourself as comfortable as possible.
2. Take a deep breath and let it out slowly. Repeat this once.
3. Close your eyes. Focus your mind on breathing.
4. Breathe easily and gently with no effort.
5. Breathe in steadily over 3 seconds.
6. As you breathe out steadily over 3 seconds, say to yourself ‘relax’ while letting all your muscles go loose and floppy.
7. Keep repeating this in a 6 second cycle (3 seconds in and 3 seconds out) over and over until you find yourself feeling calm and relaxed.

TIP: Long sleep-ins on the weekend to catch up on sleep make your body clock think you are jet lagged – and the effects can last for days. Getting up at a similar time every day can help to avoid this, and will make it easier to fall asleep at the right time.
Getting the balance right...

What helps & what doesn't?

What can prevent a good nights sleep?

> Loud music or TV, emails, homework, too much stress
> Exercise right before sleep
> Feeling hungry
> Computer screens left on – they have a type of light that keeps you awake. Try shutting down the computer an hour before you want to sleep.
> Messed up body clock – different wake and sleep times and no routine.
> Caffeine – poor sleepers should have less or no caffeine.
> Nicotine and Alcohol – smoking tobacco is a stimulant and can make your dreams more vivid and make it harder to fall asleep. Alcohol does not help sleep. It can make you drowsy but the sleep you get is more likely to be disrupted and you’ll wake up worse off.
> Some medications & other drugs – speak to your doctor for more information.

What can PREVENT a good nights sleep?

FACT: When the amount of sleep you get varies a lot from day to day, it can cause poor sleep. Not sleeping well can cause more stress or moodiness. It can tip your balance and make you feel worse about yourself and others.

TIP: If you find yourself wanting to be in bed and sleeping too much of the day, get it checked out. See your GP or talk to your health care provider. For more general info visit the websites below:

Teenage sleep: Understanding and helping the sleep of 12 – 20 year olds at http://eprints.vu.edu.au/467/
- www.ybbblue.com.au
- www.reachout.com
- www.betterhealth.vic.gov.au

What can HELP a good nights sleep? (self-care tips)

Create your own relaxing bedtime routine to program your body clock:

> Ensure you’re not too hot or too cold. Maintaining a constant body temperature will help sleep.
  - Keep your feet at the right temperature by putting on or taking off socks.
  - Have a warm drink. Milk contains amino acids that can make you drowsy, and camomile tea can also help with sleep.
> Create a sleep space that works for you
  - quiet, dark, less cluttered.
> Do relaxing activities in order to wind down
  - these might include reading or listening to music softly.
  - a warm bath or shower can help to make you feel sleepy.
> Turn off your computer an hour before you go to sleep.

Kick start your day:

> Wake up around the same time every day and catch the morning sun. Waking up with sunlight is important to restart your body clock and help your brain switch on.
> Try to get out of bed when you wake up rather than going back to sleep.
> Get out in the fresh air and do some exercise. Even if it feels difficult, this will help you to wake up and improve your sleep the night next.

While you’re out and about:

> Stay off caffeine after midday or if you’re sensitive try to cut it out altogether.
> Write a journal to get out all the important thoughts, worries or events from the day.
> Try not to nap unless you’re tired. If you do nap, keep it short.

Don’t stress if you find yourself waking up in the night. It’s actually pretty normal, and worrying about getting back to sleep will probably keep you up longer. Try to relax and wait for the next wave of sleepiness to arrive, and if you find yourself staring at the clock try turning it around.

November 2009 | www.oyh.org.au
**July**

**SCHOOL HOLIDAY CLASSES**

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**HAND PUPPETS (8-12yrs) with Charlotte O’Shea**
Runs: Tuesday 5th & 12th July 9-11am
Cost: $50 per child
Contact: 0429 630 016 caosbw@bigpond.net.au

BYO clean large plastic soft drinks bottles & a clean 2 litre milk container. Other materials provided.

Max number 12 participants plus parents, who are very welcome to attend.

Puppets are fun and interactive—a great way to develop a character, animal, human or alien, completely imaginary! Puppets can be used to tell stories and communicate.

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**SOCK PUPPETS (5-7yrs) with Charlotte O’Shea**
Runs: Tuesday 5th July 11.30am-12.30pm
Cost: $20.00 per child
Contact: 0429 630 016 caosbw@bigpond.net.au

BYO 1 clean old sock. Other materials provided.

Max number 12 participants accompanied by a parent/guardian.

Puppets are fun and interactive—a great way to develop a character, animal, human or alien, completely imaginary! Puppets can be used to tell stories and communicate.

---

**BOTTLE BODIES (8-12yrs)**
Free standing 3D figures with Charlotte O’Shea
Runs: Thursday 7th & 14th July 9-11am
Cost: $50 per child
Contact: 0429 630 016 caosbw@bigpond.net.au

BYO clean plastic drink bottles. Other materials provided.

Max number 12 participants plus parents, who are very welcome to attend.

The participants will construct their own character, give it a name think about its story. Time permitting the stories may be shared with the group.

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**12 Kent Street East Victoria Park WA 6101**
T. (08) 9470 5520 Email: info@vicparkarts.org.au
Website: vicparkarts.org.au
Facebook: Victoria Park Centre For The Arts
Opening Hours: Monday 10am-2.30pm, Tuesday-Friday 10am-4pm
**SCHOOL HOLIDAY ART FOR CHILDREN**
(7yrs & up)
with Michelle Culnane
 Runs: Wednesday 6th July

**Paint an acrylic Mountain Landscape**
9am-12pm
Learn to paint beautiful landscape and about impressionist style.

**Still life - Picnic / Afternoon tea**
12.30pm-3.30pm
Paint from a real still life with the above theme.

Cost: $52 per child per 3 hour session.
BYO materials.
Contact: 0404 926 381 michellensteve70@bigpond.com

BYO healthy snack and water bottle. If coming for the whole day please bring your lunch too.

Please see Victoria Park Centre for the Arts for more details

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**SCHOOL HOLIDAY ART FOR CHILDREN**
(7yrs & up)
with Michelle Culnane
 Runs: Wednesday 13th July

**Modern Image of yourself**
9am-12pm
Bring an A4 image of yourself that is close up of your upper body head and shoulders. There will be two styles to learn.

**Make a folder/book for your art inspirations, make little pockets to keep things in**
12.30pm-3.30pm
A mixed media class that the students will love.

Cost: $52 per child per 3 hour session.
BYO materials.
Contact: 0404 926 381 michellensteve70@bigpond.com

BYO healthy snack and water bottle. If coming for the whole day please bring your lunch too.

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**VPCA CHILDREN ART WORKSHOP**

**Paper Plate Masks**
Runs: Tuesday 5th & 12th July 1pm-3pm
Paper Plate Masks are perfect for teaching kids to be creative by creating their own crafty colourful masks.

**Painting**
Runs: Thursday 7th & 14th July 1pm-3pm
Painting for kids is always fun but with this cool activity, kids will start adding other material to their painting to make it look 3D. It encourages them to use their imagination and makes for a great afternoon activity.

Contact: 9470 5520
Cost: $15 or $10 (concession/member) per child per session.
Materials provided.
Sleep Helps

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7. Keep repeating this in a 6 second cycle (3 seconds in and 3 seconds out) over and over until you find yourself feeling calm and relaxed.

relax & breathe…

TIP: Long sleep-ins on the weekend to catch up on sleep make your body clock think you are jet lagged – and the effects can last for days. Getting up at a similar time every day can help to avoid this, and will make it easier to fall asleep at the right time.

Whilst the ideal amount of sleep will vary from person to person, if you find you are:

> feeling tired in the mornings or after lunch
> having difficulty concentrating and remembering things
> feeling more irritable than usual
> feeling less energetic

You’re probably not getting enough sleep. Sleep deprivation can become like a vicious cycle that is often avoidable.
Getting the balance right...

What helps & what doesn't?

What can prevent a good nights sleep?

> Loud music or TV, emails, homework, too much stress
> Exercise right before sleep
> Feeling hungry
> Computer screens left on – they have a type of light that keeps you awake. Try shutting down the computer an hour before you want to sleep.
> Messed up body clock – different wake and sleep times and no routine.
> Caffeine – poor sleepers should have less or no caffeine.
> Nicotine and Alcohol – smoking tobacco is a stimulant and can make your dreams more vivid and make it harder to fall asleep. Alcohol does not help sleep. It can make you drowsy but the sleep you get is more likely to be disrupted and you’ll wake up worse off.
> Some medications & other drugs – speak to your doctor for more information.

What can PREVENT a good nights sleep?

FACT: When the amount of sleep you get varies a lot from day to day, it can cause poor sleep. Not sleeping well can cause more stress or moodiness. It can tip your balance and make you feel worse about yourself and others.

TIP: If you find yourself wanting to be in bed and sleeping too much of the day, get it checked out. See your GP or talk to your health care provider. For more general info visit the websites below:

Teenage sleep: Understanding and helping the sleep of 12 – 20 year olds at http://eprints.vu.edu.au/467/
  > www.ybblue.com.au
  > www.reachout.com
  > www.betterhealth.vic.gov.au

What can HELP a good nights sleep? (self-care tips)

Create your own relaxing bedtime routine to program your body clock:

> Ensure you're not too hot or too cold. Maintaining a constant body temperature will help sleep.
  > Keep your feet at the right temperature by putting on or taking off socks.
  > Have a warm drink. Milk contains amino acids that can make you drowsy, and camomile tea can also help with sleep.
> Create a sleep space that works for you – quiet, dark, less cluttered.
> Do relaxing activities in order to wind down – these might include reading or listening to music softly.
  > a warm bath or shower can help to make you feel sleepy.
> Turn off your computer an hour before you go to sleep.

Kick start your day:

> Wake up around the same time every day and catch the morning sun. Waking up with sunlight is important to restart your body clock and help your brain switch on.
> Try to get out of bed when you wake up rather than going back to sleep.
> Get out in the fresh air and do some exercise. Even if it feels difficult, this will help you to wake up and improve your sleep the next night.

While you're out and about:

> Stay off caffeine after midday or if you’re sensitive try to cut it out altogether.
> Write a journal to get out all the important thoughts, worries or events from the day.
> Try not to nap unless you’re tired. If you do nap, keep it short.

Don’t stress if you find yourself waking up in the night. It’s actually pretty normal, and worrying about getting back to sleep will probably keep you up longer. Try to relax and wait for the next wave of sleepiness to arrive, and if you find yourself staring at the clock try turning it around.