

FOREST LAKE

STATE HIGH SCHOOL

Independent Public School

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Our Education Our Future



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19 February 2021

From the Principal

Denise Kostowski

Welcome to 2021



Congratulations Andrew on receiving 2020 School Dux

Such a busy and exciting start to 2021. Our enrolments have increased again which resulted in us having to create a new year 7 class and merge some senior classes. So we feel as though we have had two new starts to the year. I am very pleased with how students have settled quickly into their learning and are very engaged when I visit classes.

Already we have held a few significant school events we will share with you in this newsletter. I do wish to remind all parents that we use our **Facebook page** to share news/notices on a daily basis and I encourage all families to 'like' our Facebook page to stay up-to-date.

<http://www.facebook.com/FLSHS/official>

Leadership team

I am happy to inform you of our team of Deputy Principals this year:

- Ms Joanne Francis (Yr 7 and 11)
- Mr Daniel Johnson (Yr 8 and 12)
- Mr Lucas Nicholls (Yr 9) – replacing Matt Stutz who is working in Central Office for a period
- Mr Simon Campbell (Yr 10)
- Ms Robyn Ferguson (Special Education Program)

2021 Year Coordinators:

- Year 7 – Ms Lisa Scholes
- Year 8 – Ms Melissa Fisher
- Year 9 – Mr Leonard Lai
- Year 10 – Mr Scott McGrath
- Year 11 – Mrs Helen Parkinson
- Year 12 – Mr Edward Alpert

I encourage parents to contact the school and speak with a member of the leadership team if you have any concerns or issues. I am a firm believer that we can get the best possible outcomes for our children if we are working together. Early communication enables us to resolve issues before they escalate.

I am also pleased to inform you that **Mr Mike Van Barneveld** was successful in his application for the **Success Coach** position and took this role on as of Monday this week.

2021 Enrolment Numbers

Such a positive start to the new year with our student enrolment numbers continuing to steadily increase. We have welcomed 314 new year 7 students – the first time that our school has

had such a large cohort. This has enabled us to create an extra class to deliver our curriculum.

I thank all parents for your patience as we ran larger classes in the first two weeks as the school settled, and supported those small number of students who needed to make class changes after our final day 8 data was submitted. The increased numbers enabled us to employ two extra teachers.

Welcome New Staff

We have a number of new staff in our school. I welcome them to our school and am confident that they will work well in our team. They are:

NAME	POSITION	NAME	POSITION
Ms Jennifer Bennetts	Teacher – Maths/ Science	Mr Matthew Hall	Teacher – Science/Maths/ HPE
Ms Sarah Franks	Teacher – English/ HASS	Ms Robyn Hutchinson	Teacher – Special Education
Ms Kelly Lappan	Teacher – EALD/ Learning Enhancement	Ms Stephanie McCulloch	Teacher – English/HASS
Ms Laura McNally	Teacher – Dance	Mr Frank Miller	Teacher – Design Technologies
Ms Cassie Nguyen	Teacher – English	Ms Christina Persson	Teacher – Maths/ Science
Ms Kim Rickard	Teacher – English/ HASS	Ms Stephanie Sepecan	Teacher – English/Hass
Ms Leanne Watkins	Teacher – English/ HASS		



Welcome to all our new staff.

High Achievers' Parade

Last week, we congratulated our high achieving students who graduated last year and announced our 2020 School Dux. Many of these students are preparing to commence their university study in a diverse range of courses including:

- Advanced Science (Honours) Business Management
- Sciences – Biomedical, Paramedic, Health, Exercise and Sport and Psychological
- Engineering
- Nursing
- Criminology and Criminal Justice
- Information Technology
- Fine Art and Creative Industries
- Business
- Education

- Veterinary Technology

These students are such a credit to their families, our school and our community. This celebration was a lovely way to start the year.



Student Leaders' Investiture

Combined with our high achievers' celebration, we held two special parades where we officially inducted our school leaders for 2021. Our elected school, vice and sports captains were presented with their badges, along with the year level students who successfully applied for leadership positions. I look forward to working with these committed students during the year to ensure a memorable year with many interesting student-led activities.

Congratulations again to our School Captains for 2021:

School Captains – Magdalen and Ben

Vice Captains – Saaliha and Blake



Year 7 Welcome Evening

On Wednesday afternoon we were so pleased to see so many parents come along and join us for our Welcome Evening. This was an opportunity to meet staff, establish connections and learn what students are studying this term. This year we held the event in the students' classrooms so parents can see how they operate during the day.





THANK YOU to our P&C for running the sausage sizzle.

2022-2025 Strategic Plan

As the first step in developing our new Strategic Plan our school welcomed four members of the School Review team this week. The team spoke with staff, students, parents, school partners and community members about our school to identify what should be acknowledged as good/best practice and give advice on what we might consider including in our new strategic plan. Thank you to the many parents who spoke with the team.

When we receive our final report I will share this with our community.



NAPLAN Online

Our school has made the decision that our year 7 and 9 students will complete NAPLAN online in 2021. We were preparing for this when COVID intervened last year. The NAPLAN test better responds to the needs and abilities of the students and can tailor questions to the students level of ability. This results in the school and parents receiving more individualised, and more timely reports from the test. NAPLAN tests will run over three weeks in May.

Bring Your Own Devices

At our school students are encouraged to bring their own devices – ipad, laptop or netbook – to school every day for class. While students have some access to computer trolleys these are limited. As our year 7 and 9 students will be completing NAPLAN online this is particularly important. Bringing computers to school and using them every day will ensure that students are familiar and confident in using them in their learning.

Textbook Hire

Our school P&C has endorsed our Student Resource Scheme as this is the most cost-effective way for parents to ensure that their children have the necessary resources for us to deliver our quality programs. Some subjects work from textbooks, while others use a range of resources to ensure that students have engaging programs.

Staff at school have been working to ensure that students who have had their school fees paid have received their resources for the semester. Year 7 parents will have received their invoices with payment details 8 February, 2021. I encourage all parents to pay their school fees ASAP so that textbooks can be distributed. Please contact the school if you have concerns, as we are able to establish payment plans, or Centrelink deductions.

A reminder that students are unable to access extra-curricular activities that require payments until their school fees have been paid.



PRIDE

Our school has used PRIDE – Prepared, Respectful, Inclusive, Dedicated and Engaged – to articulate our expectations of our students for many years. Following consultation with staff and parents last year,

in developing the new Student Code of Conduct, we have included PRIDE expectations for staff and parents. If you have not read the new policy – which replaces the previous Responsible Behaviour Plan for Students – then I encourage you to do so.

School Council - Parent Representative

Today we held our first School Council meeting for the year where we endorsed the annual planning documents and discussed the outcomes of the School Review. This year our School Council will be involved in the development of our new Strategic Plan. We have a vacancy on the School Council for a PARENT REPRESENTATIVE. The term of office for this person is 2 years. This person does not have to be an active member of the P&C but most importantly should be interested in contributing to the school life of our students.

Parent nominations are open now and the nomination form is now available. Nominations will now close on March 31 and the election, if required, will be held at the P&C Meeting on 27 April.

Parents and Citizens' Association

Successful students have involved and interested parents. A great way to do this is to be involved in our school **Parents and Citizen's Association**. We meet on the fourth Tuesday of the month, so our first meeting for the year will be held on 23 February commencing at 6.30pm in the office conference room. All parents are welcome and encouraged to join us.



Quite a long report from me to start the year. Thanks for reading.

Again, welcome back to 2021. I look forward to working with you all during the year.

Regards

Denise

Year 12 Update

Daniel Johnson, Deputy Principal

Queensland Certificate of Education (QCE) Information

The Queensland Curriculum And Assessment Authority (QCAA) issues QCEs to eligible students when they have accrued the set amount of learning, at the set standard, in a set pattern, while meeting literacy and numeracy requirements.



To be eligible for a QCE, a student must:

- have an open learning account (see Section 13.3.2: Learning accounts)
- not have been previously issued with a QCE, senior certificate, or equivalent interstate or overseas qualification (other than an International Baccalaureate Diploma)
- accrue at least one credit from the Core category of learning while enrolled at a Queensland school.

A student must also complete learning:

- to the set amount (20 points)
- at the set standard
- satisfactory completion
- a grade of C or better
- qualification completion
- a pass or equivalent.
- in a set pattern
- a minimum of 12 credits from completed Core courses of study (see below)

- up to four credits from the Preparatory category of learning (see Section 2.2.2: Preparatory courses of study)
- up to eight credits from the Complementary category of learning (see Section 2.2.3: Complementary courses of study)
- credits within the VET limit rules (see Section 2.3: Additional VET QCE credit rules)
- that meets the literacy and numeracy requirements.

The set amount of learning is measured in credits. Credits are recorded in a student's learning account when the set standard for learning has been met.

If you are curious about your students' progress towards their QCE attainment please feel free to email me dj@eq.edu.au and I will forward you a student profile which outlines their current progress and estimated trajectory should their results continue on the same path.

Exam Block – Internal Assessment 1 (IA1)

The exam block for Internal Assessment 1, is scheduled for Wednesday 24 February through Tuesday 2 March. A master assessment program can be seen below. This program outlines the assessment sessions that students must attend. There are NO scheduled classes to attend, however outside of the exams students may be asked to attend a "Completion Session" for some subjects if they have recently moved classes or are significantly behind in their learning tasks.

Note that students must attend exams rather than any external courses they are enrolled in such as TAFE, WESTEC, traineeship.



IMPORTANT INFORMATION

Credit can only be accrued for successful completion of units. For example, for Applied and General subjects, students complete Unit 1 and/or Unit 2 or Units 3 and 4 as a pair of units. Students are expected to complete all course and assessment requirements of the syllabus as developed by the school. In order to receive an overall subject result for Units 3 and 4, students MUST complete Units 3 and 4 as a pair, providing responses to each summative internal assessment and the common internal assessment (CIA) for Applied (Essential) subjects. Where there is no evidence of a response to each summative assessment on or before the due date set by the school, as subject result cannot be allocated.

If students do not submit an assignment, or do not attend an assessment session, and there is no explanation, teachers will use drafts and classwork to determine a result. However, if a teacher has no evidence of student work, they will not be able to give a result. This could mean no QCE credit. If this is subject is ENGLISH students can forfeit their ability to obtain an ATAR.

Failure to attend assessment can affect QCE eligibility, put students at risk of losing credit, place them at risk of being eligible for Forest Lake SHS Senior PRIDE rewards (including the Formal) or place their enrolment at risk.

You must provide a medical certificate if you are absent for an exam/assessment, as per QCAA guidelines and outlined in the school Learning to Assessment policy and submit a Variation to Assessment application (refer to the link below and click on Curriculum Senior School).

<https://forestlakeshs.eq.edu.au/>

It is essential that students are adequately prepared for their assessment by knowing what exam to attend, what time to be there and what room to go to. If you believe they require adjustment to regular assessment conditions, it is their responsibility to see the Guidance Officer or Deputy Principal prior to the assessment, and submit a Variation to Assessment form (available on the website as outlined above) with sufficient notice for evidence of support to be obtained and processed.

Variation to Assessment leading to an AARA

(Access Arrangements and Reasonable Adjustment)

Variation to Assessment – The single biggest change in the New QCE system is the significantly raised level of expectations around completing assessment tasks by and/or on the set date. The final result for each General and Applied subject will be based on four (4) formal assessment tasks only, mostly completed in Year 12, which means completion dates will be strictly followed to ensure fairness for all.

As always, Forest Lake State High School will assist and support students where their circumstances mean they are not on a level playing field with other students. If students require short, medium or long term assistance, the first step in any situation to seek support is to complete and submit a Variation to Assessment application.

This application will be processed by the Year Level Deputy Principal and, if successful, will result in an Access Arrangement or Reasonable Adjustment (AARA) to assist the student to complete the assessment task. As an example, this could mean an extension on an assignment due date. Complete details can be found in the Forest Lake Learning to Assessment Policy.

If students' believe they require adjustment to regular assessment conditions, it is their responsibility to see the Guidance Officer or Deputy Principal prior to the assessment, and submit a Variation to Assessment form policy (refer to the link below and click on Curriculum/Senior School) with sufficient notice for evidence of support to be obtained and processed.

<https://forestlakeshs.eq.edu.au/>

Assessment Schedules

Lucas Nicholls, Deputy Principal

Semester One

This week all students have been emailed a copy of their Semester One assessment schedules. These schedules outline the dates:

- assignments are handed out;
- drafts are due and
- final assessment due dates.



The assessment schedules are also available to parents via the Q Parents app (see below for details on accessing Q Parents). Students can also access the report at any time via their OneSchool account (where they choose subjects).

If you would like a printed copy please contact the front office and arrange for one to be collected.

QParents

Daniel Johnson, Deputy Principal

The easy way to communicate with school 24/7

As you may be aware Forest Lake State High School uses a parent portal, QParents. The QParents web and mobile application provides an easier way for you to interact with our school. Parents have secure, online access to their child's student information, anytime, anywhere, through a smartphone, tablet or computer.



QParents allows parents to connect instantly with our school to access and manage their students information including:

- the ability to notify the school of an absence,
- access academic report cards,
- class timetables,
- assessment planners,
- upcoming events,
- view unpaid invoice details and make payments online
- viewing and updating personal student details.

The QParents web and mobile application provides a more convenient, easier way for parents and legal guardians of Queensland state school students to interact with their child's school. Parents will have secure, online access to their child's student information, anytime, anywhere, through a smartphone, tablet or computer.

It won't replace the traditional ways you communicate with our school, but it will provide another way to communicate with us.

The Benefits of QParents

Convenience and time savings for parents

- Parents can view or update their child's details without having to contact the school
- Secure 24/7 online access.
- Available anytime, anywhere — access QParents on your smart phone, tablet or computer.

Greater transparency of information

- Improves accountability between parents and schools by providing parents with timely access to their child's information online.
- Allows parents to engage more deeply in their child's schooling

Improved administration efficiencies for schools

- Allows schools to streamline their administrative processes and cut down on printing

Registering for QParents

Should you require a new invitation letter please contact the front office. This letter will contain your unique invitation code. Simply follow the instructions in that email or letter to complete the QParents account registration process.

Identity verification

When registering as a QPAO, you will need to verify 100 points of identity documents online. The 100 points can be made up of documents in the following list:

- Australian Passport** - 50 pts
- Australian Marriage Certificate** - 40 pts
- Australian Driver Licence** - 50 pts
- Australian Citizenship Certificate** - 40 pts
- Australian Birth Certificate** - 50 pts
- Change of Name Certificate** - 40 pts
- Medicare Card** - 20 pts
- Australian Visa (foreign passports)** - 20 pts

If you only have 60-90 points of the above ID documents you can still register for QParents, but you will need to attend the school for an additional check after you have registered online.

If you don't have sufficient documents, you might like to nominate another parent as the QPAO.

For more information on the online identity verification process, see

<https://qparents.qld.edu.au/>

Where does the information about my child come from?

All of the information that is presented in QParents comes from the IT system that is used by all Queensland state schools. Schools will continue to manage student information in this system, and the information will be extracted and presented in QParents.

Help and contact information

For more information see

<https://qparents.qld.edu.au/>

For help, visit the link below or call 13 QGOV (13 74 68)

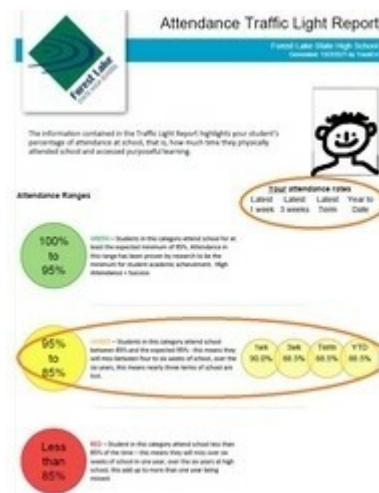
<https://qparents.qld.edu.au/>

YEAR 8 UPDATE

Dan Johnson, Deputy Principal

Monitor Attendance

Each week students will be sent an email with their attendance attached (see example below). The information in the Traffic Light Report highlights your student's percentage of attendance at school, this is, how much time they physically attended school and accessed purposeful learning.



What we ask students to do:

Track their attendance

- How is your attendance going?
- Are you on track to assist you to reach your academic goals this year?
- Are you on track to meet the attendance requirement for formal (95% attendance – no more than 3 days absent)

Reflect on their attendance

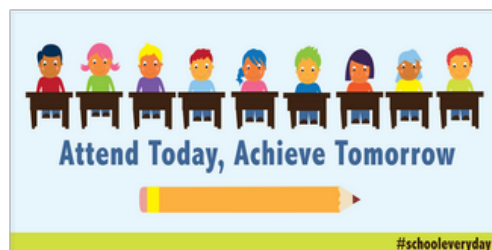
- If not on track – What are you going to do differently this week to lift your attendance?
- If on track – What are you going to do to maintain it?

Email or see Ms Fisher at Freeman staffroom to clarify why your attendance is low (e.g. what days, lessons late):

If there appears to be a mistake in the class roll-marking, I will then send you to the relevant class teacher to fix your attendance on the roll:

- Normal classroom lesson - see your teacher for that class

Remember to keep checking your attendance each week on the Year 8 noticeboard (usually up by Mon L2)



Junior Secondary News

Inga Muller - HOD, Junior Secondary

We have had a great start to 2021. It has been a very positive start to the year and students have settled in very well. Congratulations to both our new Year 7 students and their parents. It is obvious, you have well prepared your children for the transition from primary to secondary school.



Meet the Teachers

It was wonderful to see so many families at our Meet the Teacher event this week. Our Teachers really value conversations and

connections with parents and if you have any concerns, please don't hesitate to contact your child's teachers via email in the first instance.

Helpful Tips:

- To help our year 7 students' transition into High School, students must sit down for eating time at the start of first and second break each day.
- A reminder for students and parents/caregivers that students are to only wear their sports uniform when they have HPE, Dance and Drama on their timetable. On all other days they are to wear their formal uniform.

Introducing...Numeracy Nijas!

Robin Butler, Maths Teacher

Having witnessed the positive impact the school's Write That Essay initiative was having on literacy, in early 2020 the Mathematics HoD, Lex McBean, asked the Maths teachers "What problems are our students having with numeracy, and what could we do to help them be more successful in class?"



In the debates that followed, the most common theme to crop up was that automaticity with basic number skills could be better. As a cumulative subject, one in which new learning depends on mastery of previous learning, students with 'gaps' in basic number skills find it harder to access and understand more complex mathematical concepts.

One proposal put forward by teacher Robin Butler was to trial a Mental Math initiative that was pioneered in the UK called Numeracy Ninjas. A five-minute quiz at the start of each Math lesson, it includes ten questions on mental numeracy calculation strategies, ten times table questions and ten questions on key topics that are needed for mastery in G7-9 Maths.

Tests are marked in class by students who record their Ninja Score out of thirty. This corresponds to a particular colour Ninja Belt. Only a Ninja Score of thirty will earn students the coveted Black Ninja Belt.

Teachers then discuss key mental numeracy strategies related to the questions with the class, before carrying on with their teaching of new learning material. This little-and-often approach, in combination with a research-informed question sequence rota, ensures students' improved numeracy skills and fluency are retained over time. Teachers analyse students' results to identify specific numeracy gaps that students need to focus on.

Following successful trials with six classes in Terms 3 and 4 of 2020, Head of Mathematics, Lex McBean requested all G7 to G9 Maths teachers use the Numeracy Ninja initiative with their classes in 2021.

Feedback from both teachers and students has been amazingly positive to date, and the initiative's reward scheme has been integrated with the school's PRIDE system; rewarding students with sausage sizzle tickets and canteen vouchers.

If you have any questions about the Numeracy Ninja initiative, please get in touch with me at rjbut0@eq.edu.au

Esports Update

MJ Raatz, HOD, Digital Technologies

In 2020 we saw many great Forest Lake students get involved in Esports within our school. Our valiant Esports Lions were skilful enough to win the national Valorant competition of High School Esports League and were crowned the ANZ champions for 2020, winning \$2200 in scholarships for the school and allowing even more students to get involved, cost-free, in 2021!



Congratulations Johnny, Jason, Eden, Lachlan and Thomas!

Science in the Field

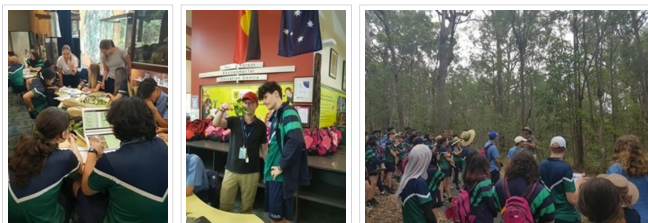
Terry Grimberg, Year 12 Biology Teacher

Last Wednesday saw our intrepid Year 12 Biology cohort explore the majestic woodland Biome of Toohey Forest. Led by their teachers and environmental scientists hailing from the TFECC, the excursion and associated fieldwork, afforded our students the wonderful opportunity of applying their classroom-gleaned knowledge of Ecology in a real-world and authentic manner.

The mandatory practical skill requirements described in the Syllabus were brought to life for our eager learners as they set about investigating the biodiversity of this fascinating sclerophyll

forest through classification and quantification of its diverse flora. Using quadrats, taxonomic keys and belt-line transects, our students experienced powerful ways to understand, appreciate and help preserve the inherent beauty of the natural world around us.

All participants were thus instilled with an even greater level of confidence to meet the challenges required to succeed in the rewarding ATAR course of Biology.



Our Library

Robyn Robertson – Teacher/Librarian

Wow! Can you believe our library lent out nearly 17000 items last year? By far the most popular was our graphic novels, closely followed by comedy and fantasy stories. We have an absolutely amazing collection of reading material and also subscribe to a digital library for our students.

If you would like access to the digital library, download the SORA app, search for the Education Queensland Library and log in with your Mis ID. At the moment, this is still accessible for continuing students and new students will be able to access by the end of February. See Mrs Robertson in the Library, with the app installed, if you have any questions.

Text Hire

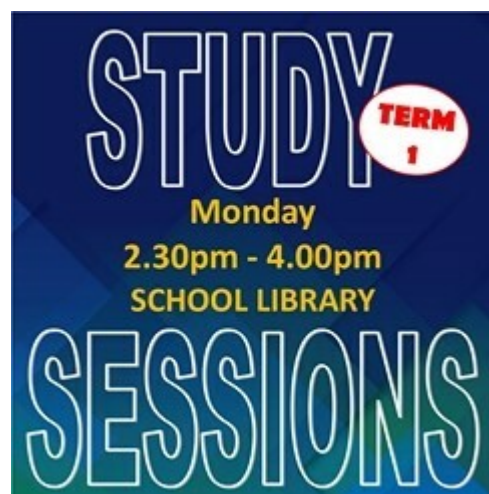
A secondary branch of our library is our text hire room and all students who have up to date school fees and have returned outstanding books are eligible to borrow their text books for the semester; an absolute must for full access to our curriculum. It can be helpful to take your fee receipt to the window if you have just paid, along with student card and timetable. Junior classes will be scheduled for collection with one of their core teachers but can go to the window independently if they wish.

Graphics calculators are also available to hire for an additional fee.



Study Sessions – Term 1

Study Sessions are open to all students at our Library between 2.30-4.00pm every Monday during Term 1. Students need to sign in at the circulation desk and should be working on homework, assessments or revision where a Teacher will be on hand to provide assistance.



Broncos Girls Academy

Tiny Habits, Big Results Workshop

The first workshop for 2021 for our girls registered in the Broncos Girls Academy is *Tiny Habits, Big Results* next Tuesday 2 March. For more information on this program, please contact Kate Iselin at katelyn.iselin@broncos.com.au

Every Day Counts

The importance of a team effort in achieving school attendance is the main theme in the next animation and comic book in The adventures of Jimmy and Sam the Dog series, developed by the Department of Education and Training.



Once again NRL star Sam Thaiday plays Sam the Dog, with a cameo appearance by Johnathan Thurston, plus former Queensland Firebird Beryl Friday and two Solid Pathways students.

Research shows that school attendance leads to positive student outcomes, and can help children build social and emotional skills.

Check out the Every Day Counts website.

What parents can do:

- Talk about the importance of showing up to school every day; make that the expectation. Regular attendance at school sets up good behaviours for regular attendance at work.
- Help your child maintain daily routines such as finishing homework and getting a good night's sleep. On average, teenagers need eight to nine hours sleep to be healthy and alert. You may also need to monitor their use of the internet, mobile phone and

TV at night to ensure they are not staying up too late or being disturbed while sleeping.

- Try not to schedule hair, dental or medical appointments during school hours. Arrange family holidays during scheduled school holiday periods so that they are not missing out on classes and therefore will not have to struggle to make up for lost time.
- Don't let your child stay home unless they are genuinely unwell. Complaints of headaches or stomach aches may be signs of anxiety.
- If your child wants to stay home to finish an assignment, rather than letting them stay home, expect them to go to school – make attendance the number one priority.
- Access assessment and course planners. Use this to help your teenager plan their study so that they avoid working late the night before an assignment is due.



At Forest Lake SHS we aim to have 95% attendance for each level as an indication that students are ENGAGED in learning. Each newsletter will provide current attendance data.

YEAR LEVEL	LAST WEEK	YEAR TO DATE
7	93.0%	95.31%
8	91.77%	92.73%
9	89.97%	92.40%
10	89.13%	91.26%
11	92.04%	92.43%
12	95.38%	95.34%
ALL	92.20%	93.46%
CONGRATULATIONS to the many students who currently have 100% attendance		

Sleep – Why is it important?

Consistent good sleeping patterns can improve one's quality of life through boosting wellbeing, concentration, energy levels, memory and positive thinking. Everyone knows what it feels like to be tired and it's much harder to be happy and get things done when you have been up all night.

It is important that we encourage students to practice good sleeping habits. There are many techniques that can be used to improve sleep including relaxation, aromatherapy, meditation, exercise and avoiding stimulus like TV, phone use and video games before bed. Talk about the importance of sleep with students and encourage them to look at ways they can improve their sleep habits.

It is also important that teachers and parents keep an eye out for students who appear tired of a regular basis. Falling asleep

in class, being unenthusiastic or moving slowly could be a sign a student is not getting enough sleep.

A normal amount of sleep can feel like:

- Being well rested when you wake up
- Not being tired during the day
- Having enough energy and an ability focus

What's the right amount of sleep?



Getting the 'right' amount of sleep is really important to our physical health and emotional well-being, as it restores energy to our body and our brain. In the longer term, not getting enough sleep can increase our risk of developing high blood pressure or diabetes and can reduce mood.

So what's a normal amount of sleep then? After a lot of research, experts have developed guidelines around how much sleep people should get at night. These are:

- Adults should get 7-8 hours per night
- Up until someone reaches full maturity (around 22 or 23 years of age) they need more sleep than adults do; about 9 hours of sleep per night

Our teenage years are a period where there is a lot of rapid growth going on in the body, including in the brain. These extra hours of sleep each night allow the body to work on the final development of the brain and other parts of the body.

However, keep in mind that everyone is different. Some people will find the recommended amount of sleep isn't enough to keep them from becoming drowsy and losing focus during the day. While others will find they need fewer hours sleep than the recommended amount every night and can function perfectly well. As a general rule, however, it's a good idea to try to get as close as possible to the recommended 9 hours.

Signs you're getting enough good sleep

- You fall asleep within 20 minutes of lying down
- You don't usually wake up more than twice a night (which you may not even remember)
- You don't feel tired during the day
- You're able to focus on what you're doing
- You have enough energy throughout the day

When you're not getting enough sleep, or you're sleeping badly

There are some tell-tale signs that you're not getting enough sleep. Interestingly, most people nowadays are actually sleep deprived to some degree.

Signs you're not getting enough sleep include:

- Having trouble paying attention a lot of the time
- Having trouble concentrating on mental tasks
- Have a reduced memory
- Being more grumpy or moody
- Having slower reactions to things than what is normal
- Feeling consistently drowsy throughout the day

Communication

Calendar of Events

23 February 2021	P&C Meeting, 6.30 in the main administration building
24 February 2021	Payment due for Swimming Carnival
5 March 2021	Swimming Carnival

Community Sponsors

Thank you to the Heritage Bank and Allsports Physio Forest Lake, for sponsoring our sports excellence programs.

