



# Porty's Power of Positive Thinking

An informative communication between home and the school community

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Edition #18, September 2017

Port Curtis Road State School acknowledges the traditional Dharumbal people on whose land it stands.



### Our School Rules and Acceptable Behaviour

- Play the Game
  - Commitment
  - Respect
- Respect for Ourselves  
Respect for Others  
Respect for Learning

### Core Priorities: Curriculum

Pedagogy  
(Teaching)

Wellbeing

### VISION:

At Port Curtis Road State School, we ensure that all students achieve beyond belief through an encouraging, empowering and supportive environment. Success is underpinned by our values of Play the Game, Commitment and Respect. Every child matters every day.

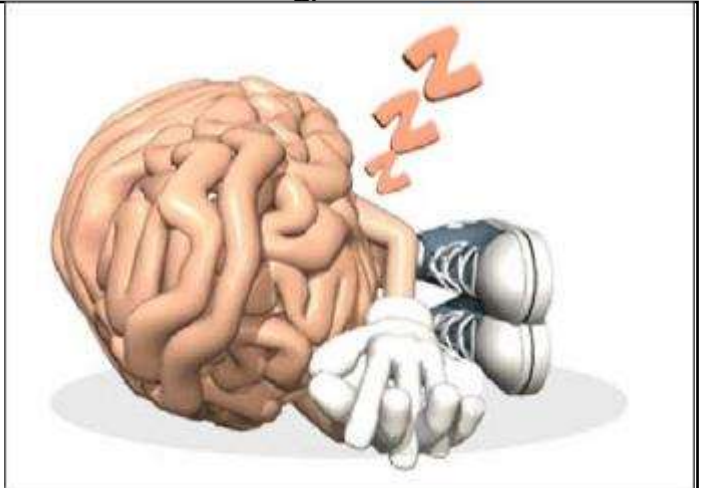
### Acknowledgements

- \*KidsMatter
- \*sleephealthfoundation.org.au

## WELCOME to Porty's Power of Positive Thinking, Edition #18

### Sleep—Why it's important

The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day.



Everything that's alive needs sleep to survive. Sleep not only allows your body to recover, but allows the brain to transfer learning that has occurred from short term memory to long term memory.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might be argumentative. Tasks that are normally easy may feel impossible, or you may feel clumsy playing your favourite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your immune system — which keeps you from getting sick.

### Screen time and sleep

When children don't get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time — the use of TV, computers and mobile devices — and poor quality of rest.

### Excess screen time can impact on sleep in three main ways:

- Timing—the use of electronic devices can lead to delays in children's bedtimes, resulting in less time available for sleep.
- Content—engaging the brain with exciting and/or engaging content before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- Light emissions—light from electronic devices can disrupt the body's natural occurring rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.





### Sleep strategies for the whole family

<https://www.kidsmatter.edu.au/families/enewsletter/sleep-strategies-whole-family>

These expert tips from Associate Professor Harriet Hiscock, paediatrician and sleep researcher, are great for managing common sleeping speed bumps or simply getting the family into the swing of a great night's sleep.

### Golden rules for kids' sleep

- Establish a bedtime routine - so they know what to expect and have time to wind down.
- Keep bedtime consistent (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.
- Make sure they fall asleep in their bed - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.
- Remove all TVs, computers and mobile devices from their bedroom - the light stimulation alone will make it harder for them to settle down.
- Avoid caffeinated foods and drinks after 3pm - caffeine is a stimulant which is likely to keep young bodies awake.
- Have a wind-down period yourself - show kids that a bedtime routine is important for the whole family.

### When your child won't stay in bed

- Limit the number of times they can come out of the bedroom (one or two times works well).
- Reward them for complying with the rules (eg a stamp or sticker in the morning).
- If they keep coming out, take them back to their room with minimal fuss or arguments.

### When your child won't fall asleep alone

- Identify who (eg mum or dad) or what (eg music) they need in order to fall asleep and return to sleep if they wake in the night.
- If it's you, slowly withdraw from the bedroom in stages (also known as 'camping out').
- If it's something else (such as music), gradually reduce the amount of time the child spends with it before going to sleep.

### Looking after yourself

- Go to bed soon after your child - if your child wakes often in the night, you may be up again shortly after you turn in.
- Follow good [sleep hygiene](#) rules - ie limit media use in the bedroom and have time to wind down.
- Limit your consumption of caffeine and alcohol before bedtime - they can lead to poor sleep.
- Do some stress-busting - try things like relaxation, yoga, and mindfulness meditation as often as you can.

### For more information:

[Sleep Health Foundation](#) fact sheets

[The Royal Children's Hospital](#) sleep tip sheets

[Raising Children Network](#) information by age group

[Healthy Kids Seminar Series](#) - a free seminar by Murdoch Children's Research Institute on common child sleep problems and sleep tips for parents

[Infant Sleep e-Learning Program](#) - an evidence-based, online course by Murdoch Children's Research Institute for professionals but it also suits families (\$50, 1 hour duration, includes parent resources)

