Kananook News
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Kananook Students Welcome Japanese Visitors
Dear Parents,

We are into week 5 of the New Year and this is a little reminder to all parents that we are a Sun Smart school and therefore it is expected that all children will wear a hat during Terms 1 and 4. There have been a large number of children still not wearing hats and it is important that students should have their own hat. Hats can be purchased from the uniform shop for $10.00.

**IMPORTANCE OF SLEEP**

A new school year has begun and children are tackling the challenges that a new year level’s educational curriculum presents. However our staff have been discussing the sleepy nature that a number of students are presenting. In fact, a number of children have been found curled up in a quiet area of the school catching up on some much needed rest. This is not just in the Preps where the rigours of school are beginning to tell on our newest students, but this sleep deprivation can be highlighted throughout all year levels.

We understand that on hot nights it can be difficult to sleep, however the recent spate of cooler weather has ensured that we have had a great start to the school year. There have been a number of studies undertaken over the years that have shown the impact that a poor night’s sleep can have on a student’s academic performance. Sleep loss makes children lose concentration and their brains remain in a tired “fog-like” state. They are unable to participate in play times and physical education activities, as they are physically and mentally exhausted. A few tips to remember is that children should not be going to bed at a time that will mean that they do not get 8-10 hours of quality sleep. So, for example, if a child wakes up at 6am they should not be going to bed any later than 9pm. Another thing to be aware of is the distractions in bedrooms such as i-pads, mobile phones, computers etc. Studies have also indicated that using any of these devices at a minimum half an hour before bed, can have an impact on the quality of sleep that our children are attaining. Please take the time to ensure that your child gets enough sleep to ensure that their minds are active and they are physically capable for a full school week.

**EVACUATION POINT IN AN EMERGENCY**

In recent weeks a number of local schools have had to evacuate due to hoax phone calls. In the event of an emergency our school will be evacuated to the Kananook Oval. This would be the designated pick up point for parents. The oval is bordered by Kirkwood Avenue and McCulloch Avenue behind the Frankston Basketball Association. Please update your contact details with us so we can contact you promptly if an evacuation is necessary. We would like to conduct a practice drill over the next few weeks. A note will be coming home soon asking you for permission for this to take place. I urge you to sign this note and return it to school as soon as possible.

**STUDENT ABSENCES**

Students should only stay home if they are genuinely sick. Please do not let your child stay home without a real reason. The students in this school have more days off than the rest of the state. Last year our average per student was 20 days. This is significantly more than the state average of 11. Parents are obligated to report absences. This can be done via

- A written letter of explanation
- A phone call
- An email to the school email account which can be found on our web site.

**HEAD LICE**

There has been a case of head lice reported to the office. The school has arranged for a notice to go home with all students in the class that this notification came from. We ask that parents check their child/children’s hair on a regular basis and treat accordingly. It is very uncomfortable for a student if they have head lice over a long period of time. This increases the infection risk for other students and subjects the child to possible ridicule from others. Your cooperation would be appreciated by treating your child appropriately and regularly if they have head lice.

**RUNNING CLUB**

Running club has started at Kananook. All children are welcome to come along to school on a Friday and take part in running club. This is a great way to keep fit and have fun at the same time. We encourage all children to bring along a drink bottle. Running Club will start at 8.30 a.m. and conclude at 8.50 a.m.

Contact Michael Block, Principal, 9786 6066 for further information
Parents, Teachers and Friends (PTF) News

Special Lunch
We need helpers tomorrow from 12 noon in the Kid’s Kitchen to prepare and serve the pita special lunch. All welcome to come and lend a hand.

School Banking
We have a Commonwealth Bank prize pack to give away to someone this term. Anyone who opens a bank account and makes a deposit through school banking during term one will go into the draw to win. All families should have received a Commonwealth Bank information pack with details on how to join school banking, you can pick one up at the office or you can drop in and see us on a Tuesday morning in the KOOSH room.

Easter Raffle
The PTF run an Easter Raffle each year in conjunction with the Easter Bonnet Parade. We ask all our families to donate items towards the raffle prizes. We will be collecting Easter Raffle donations from next week. Look out for boxes in the classrooms for your child to place their donation into, or bring them directly up to the office. We welcome eggs, bunnies, baskets or any Easter related gift items. All families who donate will go into a draw to win a special prize. Raffle tickets will be sent home next month.

Second Hand Uniform Sale
The next second hand uniform sale will be held next Tuesday 1st March, from 8.50am to 9.15am on the Mirrabooka veranda. Second hand uniform sales will now be held every first Tuesday morning and every third Thursday afternoon of each month. We are always looking for stock, so clean out your wardrobes and send in your old but reasonable quality uniforms with your name, phone number and price, and we will try and sell them for you! Items can be brought in on the sale day or left at the office in a bag marked “PTF”. The PTF take a $1 handling fee for every item sold on your behalf. Alternatively, you may prefer to simply donate your items with the proceeds going to the PTF fundraising.

Next Meeting
Our next meeting will be the AGM next Thursday 3rd March. All parents, grandparents, teachers and friends are warmly invited to join us from 9.15am in the KOOSH room. If you have any questions or suggestions, or would like to join our mailing list, please come along to our meeting, see the school office, send us an email at ptf1@kps.vic.edu.au or come and see us in the yard!

Jenny and Trish
Presidents

Achievement Awards
OOK- Natalie 3/4M- Cassie
1FM- Puma 4/6B- Devlyn
2/3B- Kristine 4/6C- Jackson
2/3R- Jai 4/6S- Kai

Tables and Chairs For Sale
Second hand tables and chairs are available from the office for a small donation.

BIRTHDAY CELEBRATIONS AT KANANOOK
February
23rd Grace
25th Ethan
28th Andrew

Remember - ‘Every Day Counts’
Please be at school every day – even on your birthday!

ARE YOU UP FOR A CHALLENGE?
HOW MANY NIGHTS CAN YOU READ?
KPS are having a whole school YEAR LONG Reading challenge and it has now commenced!

PRIZES, CERTIFICATES, SURPRISES AND GIVEAWAYS FOR STUDENTS WHO REACH READING MILESTONES!!!!!!
25, 50, 75, 100, 150, 200, 250, 300

AMAZING PROMOTION PRIZE!!!!!!!
THE FIRST 20 STUDENTS WHO reach 25 nights of reading will be TREATED to a special excursion with Mr Block and Mr Gilchrist on the school BUS! MAKE SURE YOU ARE ON THAT BUS!!!
Friendly Stars this week: Tom, Holly, Ma, Zach & Ashlee

Friendly Stars are children who have been observed in the playground helping others, playing happily and safely with their peers and voluntarily taking care of their school environment.

SPECIALIST CUP: 4/5/6S

Kananook ‘Sponsor of the Week’