

GETTING ENOUGH SLEEP

When children sleep well, they are more settled, happy and ready for school the next day. Good quality sleep helps children concentrate, remember things and behave well which helps them to be a successful learner.



Recommended sleep for children

- **3-5 years:** 11-13 hours of sleep a night.
- **6-9 years:** 10-11 hours of sleep a night. They're usually tired after school and might look forward to bedtime from about 7.30 pm.
- **From 10 years:** 8-10 hours of sleep a night. Changes to the internal body clock during adolescence mean it's normal for teenagers to want to go to bed later at night then get up later in the morning.

Tips to help children sleep better

Have a relaxing and regular bedtime routine

A regular bedtime routine starting at the same time each night encourages good sleep patterns. A routine of bath, story and bed helps younger children feel ready for sleep. Older children can wind down by reading a book, listening to gentle music or practising relaxation techniques. No screens (ipads, phones, TVs, computer games) at least 1 hour before bed. No technology in bedrooms.

Keep regular sleep and wake times

Keep bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep children's body clocks in a regular pattern. It's a good idea for weekends and holidays, as well as school days. Make sure the bedroom is safe and comfortable (temperature, light, noise).

Eat the right amount at the right time

Children need a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make children more alert or uncomfortable which can make it harder for them to get to sleep. No coke/caffeine, high sugar or high spicy food 3-4 hours before bed.

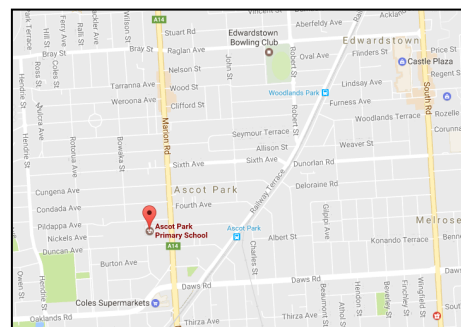
In the morning, a healthy breakfast helps to kick-start their body clock at the right time.

More information on sleep and screen times can be found at:
www.raisingchildren.net.au



Ascot Park Primary School is a member of Children's University which provides high quality, voluntary educational experiences for children. Children choose activities they would like to participate in and collect stamps in their *Passport to Learning* as they go. We believe it is a great opportunity to support your child to succeed and achieve in their learning.

Please collect a Children's University brochure from the front office or contact our school coordinator for more details.



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Government of South Australia
Department for Education



ASCOT PARK PRIMARY SCHOOL
R-7 SPECIALIST PHYSICAL EDUCATION & SPORT SCHOOL



At Ascot Park Primary School, we believe that the best homework is that which helps children become confident learners, happier human beings, and well-rounded individuals.

HOMEWORK

Homework has divided support. Some families want more structured written tasks because they feel that this will prepare their children for high school and some families want none because they are fed up with the tensions that homework can cause. What we know as teachers is that homework needs to be structured differently to meet the needs of children today.

At Ascot Park Primary School, we do not set homework for homework's sake. We acknowledge that children need time after school for extra-curricular activities, for relaxation and for family time.

Key points:

- All students benefit from **reading** at home on their own and/or with family members on a daily basis. Parents are asked to support this as research shows a strong positive relationship between parental involvement and higher levels of school achievement, particularly in reading.
- Homework is sometimes necessary for students who have not completed set work during school hours.
- Occasionally teachers may choose to set an overnight task that is directly related to an aspect of the day's learning. We understand that many of our students have after school commitments so if your child is unable to complete an overnight task, parents are asked to inform the teacher.
- **Physical activity** is very important for children. We encourage children to participate in physical activity – structured or recreational – regularly each week.
- We encourage students to undertake responsible tasks that assist the family or the community, such as **household chores**.
- Students who enjoy having homework could negotiate a task with parents and/or the class teacher eg they could research a topic that interests them.
- There is an abundance of affordable books and many Internet sites and apps with educational games and challenges for your child to use if needed.

In summary, the expectations are:

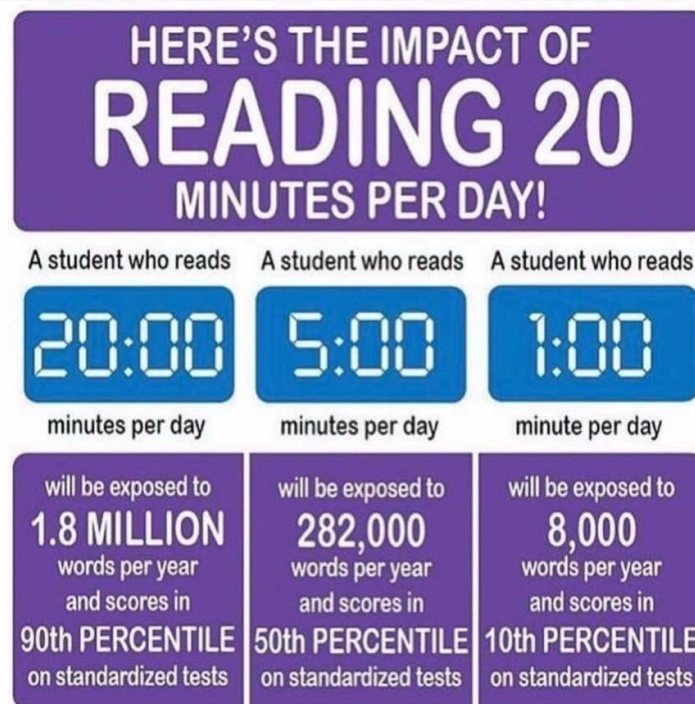
- **20 minutes daily reading** for all students.
- Finishing off work that should have been completed at school
- Possibly a weekly task, at the discretion of the teacher eg learning spelling or sight words, times-tables

In addition we encourage:

- **Daily physical exercise** for all students to create healthy life habits.
- **Home chores** and/or community responsibilities, to be determined by each family
- **Spending quality time with family** eg outings, playing board or card games

READING

We expect all students to complete the **Premier's Reading Challenge** every year. An extensive list of 'good fit' books can be found on the website: www.premiersreadingchallenge.sa.edu.au



SCREEN TIME RECOMMENDATIONS

Screen time is the time you spend watching TV or DVDs, using computers, playing video or hand-held computer games, or using tablets or smartphones. Child development experts recommend **limiting children's daily screen time**. This is because real-life interactions with you and others are much better for your child's wellbeing, learning and development. Guidelines suggest that:

- **children aged 5 years** should have no more than one hour a day of screen time with adults watching or playing with them
- **children aged 6 years and older** should have consistent limits on the time they spend on electronic media and the types of media they use - generally no more than 2 hours



Screen time limits are about making sure your child enjoys lots of healthy, fun activities – both with and without screens. Limits mean looking at the time your child spends on screens and making sure it doesn't get in the way of sleep and activities that are good for their development. These activities include things like physical play, reading, creative play like drawing, and social time with family and friends. Limits don't mean you should stop your child from watching TV or playing video games because he uses screens at school or for homework.

How to know what media is 'good':

Deciding whether a TV program, movie, computer game, app or website is good quality can be tricky. You can find out about classifications at [Australian Classification](http://www.australianclassification.gov.au). You can use online reviews to help you decide whether a movie, app or game is high quality and whether it has educational benefits. Try:

- [Australian Council on Children and the Media – App reviews](http://www.australiancouncilonchildrenandthemedia.gov.au)
- [Common Sense Media](http://www.commonsensemedia.org)

Other parents and your child's teachers can also be a useful source of information about quality media that's good for children.