



NEWSLETTER

Week 3 Term 2 2018



Principal: Phil Garner
Deputy Principal: Kris Robson

4 Seymour Street, Eden Hills 5050 Phone: 8278 5355

www.blackwoodps.sa.edu.au

An IB school valuing, supporting and inspiring a community of lifelong learners

Important Diary Dates

15–25 May

NAPLAN Online

(Students Yrs 3, 5, 7 only)

Friday 1 June

Jump Rope for Heart

School Disco

6pm–7pm

Lower Primary Rec – Yr 2

7.15pm – 8.30pm

Middle & Upper Primary

Years 3 - 7

Tuesday 5 June

P&F Meeting

6pm Staffroom

Debating Team

Pulteney Grammar

Thursday 7 June

SAPSASA

State Cross Country

To join, search for
Blackwood PS Scene
in Facebook and click on the
Join button.



Welcome back to Term 2! It is great to see everyone beginning the term with such enthusiasm and we warmly welcome our 11 new enrolments across the school. As the weather has changed quickly more students are moving into their winter uniform so just a couple of reminders regarding our uniform policy; Accessories need to be in school colours including tights for girls, track pants are not part of our school uniform policy and there are several options for pants in both girls' and unisex styles.



This week our Year 3, 5 and 7 cohorts of students have begun undertaking the annual NAPLAN testing. Blackwood Primary School students are among the 18,500 South Australian students who are completing the testing online for the first time. Our first days of this new testing have gone really smoothly with students enjoying the new way of delivering the tests.

You may have noticed a few changes in the car park with bollards and bunting being placed out each morning to ensure that cars are using the 'kiss and drop' section of our car park appropriately. There has been a real improvement in the flow of traffic and efficiency of drop off, so thank you to parents who are utilising the system well. Please ensure that you do not park in the staff only area of the car park as some staff members begin work at later times and they are unable to get a parking space in this area due to parent's double parking along the centre aisle. If you are using a car park space it would be great if you could assist your child into the yard and with their morning routine as quickly as possible so more parents have the opportunity to utilise these spaces. As the weather gets wetter I ask for parent patience in this area so that all of our students remain safe during the busy times before and after school.

This term we will begin to have a greater focus on reducing the amount of rubbish going into waste and for this reason we would like parents to carefully consider how they are packing their children's lunches. The ultimate goal is to have a totally *Nude Food* school by the end of the term. We know that this will take some planning and effort on all fronts, so included in this newsletter is some suggestions and *Nude Food* ideas.

With the movement towards *Nude Food* it is also good to consider what you are packing in your child's lunch box. The amount of sugar that children eat has a huge effect on their ability to concentrate throughout the day. The World Health Organisation recommends adults consume less than 25g or 6 teaspoons of added sugar a day for optimal health benefits (there is about 4 grams of sugar in one teaspoon). Children should have even less. A four year old should have less than three teaspoons of sugar a day, while under the age of two; kids should have no added sugar. An average 330ml can of sweet fizzy drink can have between 9 and 11 teaspoons of sugar in it - well over the daily quota of sugar for an adult in one drink.

So when you are packing your child's lunchbox please consider not only "Nude Food," but the amount of sugar your children are consuming daily.

Kris Robson - Acting Principal

School Information

Student Absence 8278 5355

If a student is **late** or **absent**, please ring the office on the above number before 9am or

**SMS Text
to
0427 016 460**

Banking Day Banking day is TUESDAY

Term Uniform Shop Opening Hours

Monday 8:15 – 9:15
Wednesday 12:45 – 1:30
Friday 8:15 – 9:15
3:00 – 3:45
Ph: 0401 913 830

KickStart Breakfast

Monday, Tuesday,
Wednesday, Thursday
& Friday 8:30am
Outside the Canteen

Lost and Found

Ensure all items are clearly labelled so we can return them to you and check the lost and found cupboard for missing items.

BPS Playgroup

Thursdays
0 – 4 year olds
9am to 11am
OSHC Room

School Tour Days

We offer school tours for new families & new students.

Contact Reception on 8278 5355 for the next tour date and to book.

Meet Our Staff

Mel Sutton – Year 3 Teacher Room 2

Hi everyone! My name is Mel Sutton. I have been teaching for many years and I continue to be inspired by my students every day. My first teaching position was as a Teacher-Librarian in Naracoorte, followed by 6 years of teaching in Port Pirie as a Resource Based Learning support teacher and then as a Middle Primary classroom teacher. After returning to Adelaide, I taught in two other schools before arriving at Blackwood Primary School. During my first year at Blackwood Primary, I taught a studious class of reception children and continued teaching in the Junior Primary until I moved into the Middle Primary team. It is exciting to facilitate children through inquiry based learning, supporting students who are actively involved in the learning process and reflecting upon themselves as learners. I am encouraged by the way children develop as thinkers who are inquisitive about their world and as risk takers who are willing to have a go. This year I am teaching a creative class of year 3s along with Amanda Gulliver and Bianca Annese.



Ingrid Lord – Year 3 Teacher Room 19

I have been teaching at Blackwood for 13 years now. I started my teaching career (many years ago....) at Ingle Farm East Primary School and transferred to the Adelaide Hills schools after moving there with a young family. I have mostly taught middle primary and some years of R-7 Art and PE. 3 years ago I had the opportunity to teach a Year 1/2 class, and I love it, even more than middle primary! It's incredibly busy but I enjoy nurturing the younger children and helping them achieve independence and confidence. After becoming a grandmother of two I realised how much I did enjoy those early years. Students never cease to amaze me with their creativity, originality and sometimes comical quips! When I have spare time I like to walk in nature, read, garden, spend time with family or friends, watch a movie or go sightseeing. Every day brings some sort of gift in some sort of way.



Bianca Annese – Year 1/2 & 3 Teacher Room 19 & 2

This year I seem to be everywhere in the school and you may quite often find me walking to the wrong classroom! I am in Room 19 on Wednesdays and currently stepping in for Amanda Gulliver in Room 2 on Friday while she is Acting Deputy Principal. I also really enjoy being a regular Relief Teacher for the school and having the opportunity to work with the Upper Primary classes. I've been teaching at Blackwood since 2012 where I started off in Junior Primary classrooms. In 2015, I went on maternity leave and had my first child, Zoe (2.5 years) and shortly after Jack (13 months). On weekends you will find me spending time with my young family going for long walks, playing at parks, having picnics, watching swimming lessons, being a dance mum and going out for brunch. I love teaching! It is part of who I am and I couldn't wait to come back. I just love seeing those 'aha' moments and watching students grow and become confident learners. I love what I do, every day is a new day and I never get bored! I hope to be one of the teachers your child can remember that made a difference to their life.



Meet Our Staff

Bronwyn Hawkins – Year 1/2 Teacher Room 20

I am in my ninth year of teaching at Blackwood and have taught previously in both country and city schools across Years R-7. I especially appreciate the opportunity to work with children in the Junior Primary Years and see them achieve those first milestones. When you see children's eyes light up when they achieve something for the first time, or grasp something that they have been struggling with, it is immensely satisfying. I especially enjoy helping the children in their development of a growth mindset and being prepared to give their learning their best to be the best that they can be. Outside of school I enjoy spending time with my family and my overly enthusiastic dog.



Anzac Day Dawn Service

During the school holidays we attended the ANZAC Day dawn service at Blackwood Memorial. We celebrate ANZAC Day to honour and remember the soldiers who served and died in World War One. The service started at 5:30am so we had to wake up at around 5 o'clock in the morning to be there on time. When we got there we listened to the service. Then we had to wait for our names to be called out to lay the wreath on the memorial.

By Minty and Abbie



Autism Awareness Day Fundraiser



Late last term our students participated in an Autism Awareness Day fundraiser. Students were encouraged to come to school wearing blue clothing, and bring a gold coin donation. We raised \$355.65, which will be used by our Green Team, to establish a symbolic garden that attracts butterflies.

Angela Auricht – Year 6/7 Teacher



St Vincent de Paul Society
good works

Vinnies Bin outside front reception office at school.

Remind to families that we have a Vinnies Bin for second hand clothing

Pillowcase Project Incursion: Room 1, 2 & 3

The current “How We Organise Ourselves” unit of inquiry for Room 1, 2 and 3 is focused on how we keep people safe in the community. As part of this unit we were visited by Lynwen from the Australian Red Cross on Tuesday of Week 1. Lynwen spoke to students about how to be prepared for an emergency event and the important things that we may need to take with us at short notice. Students began to plan important things that they would take with them and then they drew their own designs on a pillowcase to store their items in. Below are some thoughts from the classes.

The Red Cross is important. They help people in wars. We learnt that you need a first aid kit when you are escaping a fire or an emergency. You should take something special to you, food, water and any medicines that you need as well. We liked colouring in the pillow cases. Jake and Lani – Room 1.

We learned what sort of things we need to put in the pillowcase and what to have at our house in case of an emergency. We enjoyed working in groups and picking out 8 item cards to put in the pillowcase just in case there was an emergency. We really enjoyed colouring and decorating the pillowcase.

Amelia and Nabil – Room 2.

What our class enjoyed most about the pillowcase project was making our own designs and learning what to put in them. Lynwen showed us what we use the pillowcases for when there is a fire and put our valuable things in like medication, a blanket, to keep warm and an extra pair of clothes to change into.

Leonora and Mia – Room 3.



Athletics Carnival

Blackwood Primary School's 10-13year olds Athletics Carnival was held on Tuesday 10th April where students competed in seven events; 100m, 200m, 800m, high jump, long jump, discus and shot put. Students gained points for their participation and have been given certificates with their results. Teachers made comment that the students responded to the challenges, and it was lovely to see a few really surprised at their individual performances at the event.

Many students' reflected on their performance and what they aim to do next year. One student was proud of their effort to go from 15th last year to 6th this year, but was a little disappointed they didn't come in the top four! Another student who was scared to come to previous Athletics Carnivals was really proud of his performance.

We awarded the age group highest point scorers with medals and their certificates at today's assembly. The highest point scorers were:

10 Year Old Boys: First Cade, second Daniel and third Ollie

11 Year Old Boys: First Nathan, second Doug and equal third Hugo and Thomas

12 Year Old Boys: First Owen, second Harry L and third Jake

13 Year Old Boys: First Dylan, second Daniel S and third Eric

10 Year Old Girls: First Tahli, second Cassie and third Deborah

11 Year Old Girls: First Skyla, second Inara and third Mia S

12 Year Old Girls: First Alicia, second Nadia and third Kelly

13 Year Old Girls: First Ella, second Abbie B and third Nahyun

I would like to congratulate all students on their individual performances and behaviour on the day and thank all staff for their professional support of the event. The next step for about fifty of the students is to represent the school at the District Athletics Carnival on Wednesday of Week 5, 22nd August, at SANTOS stadium.



2018 Commonwealth Games Comes to Blackwood

The last two weeks of Term 1 we had fun time when the Commonwealth Games come to Blackwood during the lunchtimes. Every day we had different sports or variations of sports that were being played in the Gold Coast Commonwealth Games. Some of the activities the students had to organise themselves, (the teams, umpires and scorers) and others were a come and try activity.

The netball tournament was won by Rosewall. Thank you to the umpires Amelie, Georgina, Kelly and Lilith.

The basketball mini tournament was won by Fraser. Thank you to the umpires Maya, Caden and Suhani. Our Athletics Day for the 10-13 year olds was also held in Week 11 to slot in with the Commonwealth Games.

The come and try sports were: badminton, bocce (instead of lawn bowls), table tennis, volleyball, gymnastics, wrestling and wheels (incorporating cycling). Students who participated in the different events received a participation certificate. Some students challenged themselves to get as many as they could.

A comment that was often heard during the two weeks was 'Can we do the Commonwealth Games comes to Blackwood again next year?' (Pity the real games are only every four years!). So with so much interest be on the lookout for another similar carnival soon.



Cross Country

Last Friday 11 students from Blackwood Primary School competed in the District Cross Country Day at Belair National Park. These students had been working hard to train for this event over the past term and were looking forward to either the challenge of completing the course for the first time or improving on their results from the previous years. Pleasingly, all students achieved their personal goals with some particularly good results all round. Congratulations to Alicia and Daniel who have been selected in the Southern Heights District Cross Country team to compete at State Day later this term.

SAPSASA Representation

Congratulations to the following students who have been selected in representative teams:

SA State Swimming Team: Tahli, Hugo, Alicia

These students will be travelling to Hobart later in the year to attend the National Swimming Championships.

District Netball: Abbie Butler

District Football: Luke Beckham

District and SA State Boys Softball: Luke Beckham

Luke will be travelling to Hawker in ACT for the School Sport SA 12 and under softball championships.

Learning Beyond the Classroom Walls

The PYP is more than the acquisition of knowledge. Our program is about improving young people's understanding and skills, as well as developing values, positive attitudes along with personal and social development. Learning outside the classroom provides a framework for learning that uses surroundings and communities outside the classroom. Such experiences enable our young learners to construct their own learning and live successfully in the world that surrounds them. It can lead to a deeper understanding of the concepts that span traditional subject boundaries.

Students at BPS are able to take part in school events such as sports, choir and community events as well as school excursions. These experiences are often highly memorable learning experiences for our students as they help them to make sense of the world around them by making links between prior knowledge and new knowledge, as well as learning about and exploring feelings, ideas and values.

Learning beyond the classroom happens in various different forms and locations, and they may include:

- **Our school grounds:** Our area is a rich and multi-faceted learning resource right on our doorstep. The grounds provide our students with opportunities for both formal and informal learning and play. Our grounds full of trees, grass and space is ideal for our students to create, imagine and explore. We know that when children spend time in nature they engage all of their senses, socialise with others and build their understanding about how the world works.
- **The local environment:** The locality around our school harbours a wealth of opportunities within walking distance or a short bus ride. Students develop skills to explore their local environment which enriches all areas of the curriculum, for example through land and streetscapes, sites of special scientific interest, heritage sites, places of worship, theatre, art galleries and involvement through citizenship activities like local volunteering projects.
- **Excursions:** School excursions offer students the chance to learn through real world experiences, learn from experts in different fields, expand children's concepts of the world around them and allow students to learn in cooperative settings alongside both their peers and teachers. At BPS our teachers often spend a great deal of time and effort in linking excursions to our Units of Inquiry in order to help our students develop a greater understanding of the central idea.

Parents can help support their child's learning by asking them questions about their learning both in and out of the classroom. Often students have a lot to say after an excursion or special event and therefore the learning that goes on beyond the classroom walls is an ideal time to have thoughtful and deep discussions with your child.

Amanda Gulliver - Curriculum Coordinator



We currently have books in the front office for \$70, or digital memberships can be purchased using the link below. A portion of the money is returned to the school. Thank you for your support.

<http://www.entbook.com.au/162v045>

2018 Lacrosse Lightning Carnival

Two teams represented Blackwood PS within the Lightning Carnival against other schools across the state. Both the year 5 girls and the year 6/7 girls made the finals finishing with an outstanding result of 3rd overall.

The year 5 girls had some tough fought games and some controversial scoring results, which all the girls took with a very mature attitude and kept with the spirit of the day. The girls should be very proud of their efforts, they worked well as a team, supporting each other and came out 7 – 4 winners in the runner up final.

The year 6/7 girls had three games against Belair 1st, 2nd and 3rd teams which they all convincingly won. They also went up against a well-practiced, regular lacrosse team from Paringa Park PS and had a respectable loss. The girls were watched by the state coach as well as several Lacrosse Clubs all showing a keen interest in the girl's ability to work together, the speed in which they picked up the game and their sporting attitude. The 6/7 girls won their runner up final 9 – 2.

Blackwood PS is very proud of the effort and good sporting attitude all the girls demonstrated.



The Year 6/7 girls supporting the five girls after another win.



Thank You - Lilia's Leukaemia Foundation Fund Raising

A huge thanks to everyone who donated to Lilia's recent fundraising for Leukaemia Foundation.

Lilia had a goal of \$250 - but thanks to her biscuit and fruit sales at school has actually raised \$316!!

This is a fantastic result and will go towards helping families affected by blood cancer.



Intra School Cricket Carnival

During Term 1 the two Year 4/5 classes had four lessons of expert coaching by Josh from SACA as part of the Sporting Schools program. To culminate the program we held an Intra school carnival and invited the Year 3 and 4s to join the competition. On Thursday in Week 11 all five classes played cricket in teams of eight and had four rounds of competition on nine ovals. We had to use some of the High School's back oval to fit in all the ovals. It was fun as all eighteen teams were named after Aussie cricket teams and we were all playing at the same time. Amongst the teams we had the Strikers, Redbacks, Renegades, Sixers, Bushrangers, Blues, Stars, Hurricanes and the Heat. The students played well and seemed to enjoy their time outside.



Lost Property

Please ensure that all student items of clothing, lunch box and drink bottles etc. are all labelled.

If your child has lost an item, please check our lost property cupboard in the main building (entry near the downstairs boy's toilets)

Parents & Friends Committee



P&F Meetings

ALL PARENTS & FRIENDS WELCOME

Tuesday 5th June 2018, 6.30pm Staff Rm

Meetings held weeks 2 & 7 of each term

EVENTS

School Disco - 1st June

Movie event @ the Capri theatre – 15th June

Father's Day stall - Mid June

Family Camp out – 15th September

Comfort fire – 27th of October

Wow we are already into term 2 and have some exciting events happening this term. Parents and Friends strive to hold exciting, enjoyable and memorable events for our school and even for our wider school community.

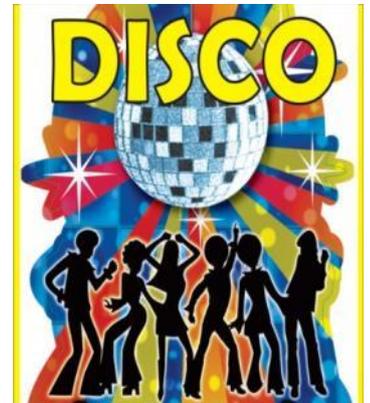
Our primary focus for 2018 is to transform the courtyard area between the Music & Japanese rooms, main building, and reception classes. We hope to have a Japanese inspired useable outdoor learning area that can be used all year round.

Some of our upcoming events are as follows and we hope to see many of you attending these organised events;

Student School Disco

P&F are holding our annual school disco on 1st of June.

Tickets are \$8pp and can be purchased by returning your students disco note/form to the



front office with money. No tickets will be issued to students this year as we will have all attending students name on the door list.

Junior Primary (R-yr2) 6pm-7pm & Upper Primary (yr3-yr7) 7:15-8:30pm

The disco is 'lock in' for students only. Once again this year we have secured DJ Matt who helped with our previous discos at school. DJ Matt gets the kids involved with the song choices, dance offs and games to play.



Movie Night @ The Capri

P&F's major event for the year is a night out at the movies.

The Incredibles 2
@ The Capri, June 15th
6:30pm



Tickets can be purchased from the Front office, \$20pp which includes the movie, snack and drink. We would love to see as many Blackwood Primary school family and friends attend to support such a great event, so spread the word!! Everyone is welcome, even if they don't attend our wonderful school.

P&F will be holding a raffle on the night with lots of great prizes so be sure to come along to our Movie Night, purchase a raffle ticket and enjoy the atmosphere of a movie at the Capri Theatre.

Check out the community notice board at the front of school and the whiteboard near the Japanese room (across from main building girl's toilets) for event information and upcoming meetings



8278 5355 – Amy



dl.0565.pandf@schools.sa.edu.au



<https://www.facebook.com/groups/BPSScene/>



Information for PARENTS



WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

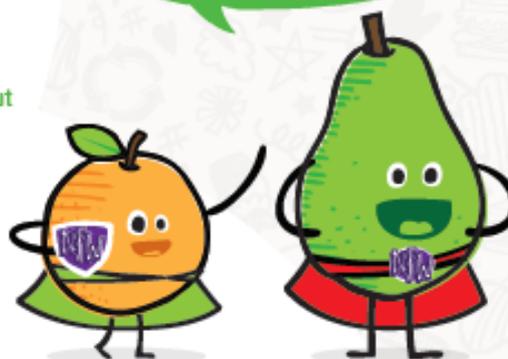
✓ TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

I'M A NUDE FOOD WARRIOR

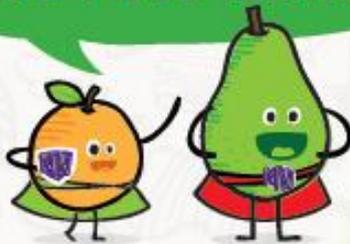


✗ TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!



STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

STEP 2

Select your fruit

Apple	Berries
Orange	Fruit Salad
Banana	Pear
Grapes	Mandarin
Watermelon	Kiwi Fruit

STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

STEP 4

Dont Forget Hydration!

Fill your favourite reusable drink bottle with filtered or tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!



Join the Nude Food
MOVEMENT



Keep
Australia
Beautiful

FRIDAY, JUNE 15TH

MOVIE NIGHT

BPS Parents & Friends Committee
Fundraising for Outdoor Learning area

FEATURED MOVIE

THE INCREDIBLES 2 (PG)

DOORS OPEN AT 6:00PM | FREE STREET PARKING

THE CAPRI THEATRE

141 GOODWOOD ROAD, GOODWOOD

TICKETS \$20 Includes Snack & Drink
Tickets available at School Front Office



PosterMyWall.com





Thinking about playing **LACROSSE?**

Sturt Lacrosse Club is an inclusive, fun, family friendly venue that welcomes players regardless of age or skill level. Located at the Women's Memorial Playing Fields, Sturt boasts a variety of international and local coaches. Player fees range from \$100 for Under 11's to \$215 for Under 18's and encourages sports vouchers. New Sturt members are also given a FREE lacrosse stick on registration.

Junior Boys and Girls
Under 8s to Under 18s
Training Monday or Tuesday and Thursday
5:30pm to 6:30pm



For more information contact:

Paul Scuteri
Junior Recruitment Coordinator
E: scuteri@gmail.com
M: 0422 478 280

Stacey Appleton
Club Secretary
E: secretary@sturtlacrosse.org.au

Sturt Lacrosse Club Women's Memorial Playing Fields
Shepherds Hill Rd & Ayliffes Rd (Gate 2) St Marys SA 5042



We know the sun is still shining,

But to avoid the rush

**Purchase your Winter
Uniform Items NOW.**

For Prompt Delivery

Order Online at

<http://onlineshop.devonclothing.com.au/blackwoodps>

We can ship it right to your door*

Or

Visit us in-store and speak to

Our friendly staff for your

School Uniform Requirements

*Delivery charges apply.



Body Esteem Project Mitcham

Locally supported by:



**Body Confident Children & Teens for Parents & Community Members
FREE (BOOKINGS REQUIRED)**

Join us for a relaxed and informative seminar for parents of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

Topics covered include:

- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk' and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note, this session does not cover dealing with fussy eaters*

Date: **Monday, 21st May 2018**

Time: **7 - 8.30pm**

Venue: **Cumberland Park Community Centre**

Register: thebutterflyfoundation.org.au/education/our-services/education-events/

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Mt Gambier week of 28th May

Butterfly acknowledges the support of:



Does your child or teen have a **SLEEP PROBLEM?**

Does your child:

- refuse to go to bed at night
- have trouble falling asleep
- wake up and cannot get back to sleep
- have trouble waking up or getting out of bed in the morning
- often sleep in their parents' bed or bedroom or need a parent present to help them fall asleep
- miss school or feel fatigued throughout the school day



The **Child & Adolescent Sleep Clinic** at Flinders University offers treatments for children and adolescents of all ages (including infants from 6 months of age). To book an appointment, please call or email us on the contact details below.



Child & Adolescent Sleep Clinic
Flinders University
School of Psychology



8201 7587

casc.enquiries@flinders.edu.au