



## From Our Principal

Dear Parents/Caregivers

### Improving Communication and Relationships

Since I have become Principal I have heard from some members of the community that we are not doing enough to communicate what is happening at school. I feel it is important that I explicitly state how we do communicate with the wider community. Currently we use:

- our fortnightly school newsletters
- our school website (updated weekly)
- our online calendar of events (updated weekly)
- our school charter, NZQA, ERO and Annual Accounts all published on the school website (immediately following their completion)
- calls or letters home when behaviour or learning concerns are identified
- cards home when students are excelling
- twice yearly written reporting
- parent interviews offered every term
- fortnightly whole school assemblies
- weekly junior school assemblies
- regular articles in the Fiordland Advocate (and from this month the Western Wanderer also).

There are certainly several more ways that we use to share what's happening with you than this list. As such I firmly believe that we are currently doing all that we can to keep parents informed of what is happening at the school.

I feel that the perceived communication issue may be actually tied to the often heard comments that float around the town that the school is not doing enough to "sack the teachers at the school, because that's the real issue". It is this voice that I find the most destructive, as it ignores what I am doing to improve practice at the school. All of our teachers now have an extensive appraisal and professional development programme in place, designed with student achievement in mind. I have discussed this already in my vision statement and a previous newsletter to ensure that you are aware that as a school our two major focusses are developing student centred learning and improving assessment practice. This professional development is partially provided by the Ministry of Education, in recognition of our desire to continue to improve our practice.

Public comments based on speculation are extremely harmful and do not help our students achieve. We must be a school where the sole focus is on improving outcomes for our students. This must be done with the

community on-side, or no amount of change will ever be embedded, or more importantly, recognised. The Education Review Office mentions on its website that, "effective partnerships between schools and parents, whānau and communities can result in better outcomes for students. The better the relationship and engagement, the more positive the impact on students' learning." In this case ERO is defining engagement as "a meaningful, respectful partnership between schools and their parents, whānau, and communities that focuses on improving the educational experiences and successes for each child".

The fallout from the appointment of the Commissioner last year must be viewed as a Ministry of Education intervention to bring the school back to a sustainable governance and management structure. My role as Principal is to ensure that we are a school where student achievement is individually based, expected by all, and celebrated. I realise that without a Board of Trustees there may be a perception that parents are not "fully" aware of what is happening at the school.

Perhaps this reflects a lack of understanding of what a Board of Trustees' role in a school is. They act as a single voice to set the direction of the school by creating the vision, values and mission of a school. They do this through the creation of a charter (a publicly available document that you can get from the school office or the school website), with a series of long term strategic aims. It is then the Principal's job to create an annual plan that shows how he or she intends to achieve this for the year. This is again publicly available in the school charter. The Board's role once the charter is created is to ensure that what was planned out actually happens, or if it doesn't, establishing why not, by meeting regularly and asking questions.

Without a Board of Trustees, all of these responsibilities fall to the Commissioner. He is solely charged with the governance of the school. I know that the Commissioner is working hard to gather the community voice to ensure that his decisions have a basis in the community. The establishment of a Community Reference Group is a start and it is a great way for you to be involved in the wider governance of the school.

If you feel that your voice is not being heard, then I would encourage you to email me at [principal@was.school.nz](mailto:principal@was.school.nz), call me on 021 5300811 (8am-5pm) or phone the office and make an appointment to see me. I can only remedy issues if I am openly alerted to them in a prompt manner, and allowed a chance to rectify them.

### Facebook and Twitter

One of the way we are trying to improve our systems of communication is through the use of social networking, namely Twitter and Facebook. While these accounts have been set up, because of our school web filter (designed to protect our students from visiting unintended pages), we currently cannot update it at school. We are testing these pages before formally announcing their use. This formal announcement is likely to be made in the next newsletter. How we use these pages will greatly depend on how they are embraced and used by parents.

### School Badges

I would like to congratulate the following students who were awarded Achievement Badges at last week's Assembly. Well done!

#### Academic Achievements:

##### Hayley Adams

- Excellence in NCEA – Level 1 English

##### Jackie Friend

- Excellence in NCEA – Level 1 English

#### Cultural Achievements:

##### Julie Skedgwell

- For an exceptional effort in learning Spanish for the Language Perfect World Champs

#### Sports Achievements:

##### Hayley Adams, Coleen Ebron, Luke Lima,

##### Sophie Rutland, Sophie Unahi

- All selected for South of the South Teams for the National Area Schools Tournament

*Steven Mustor, Principal*

## School News

### A BIG WELCOME TO ...

Last week we welcomed the three Harding children to WAS; Elektra to Rm1; Alyssa to Rm3; and Bailey to 78HW. We hope you enjoy your time here with us! ☺

### STUDENT OF THE WEEK AWARDS

Congratulations to the following students who were awarded certificates at last Friday's Assembly:



**Brycen Erskine – Rm2** – In Room 2 we have been learning to write reports. Brycen is writing his report on German Shepherd dogs. He has impressed me with his research skills and his all-round enthusiasm towards his project.

**Kate Bennie – Rm3** – Kate has been training hard for the cross country. Kate set realistic goals and achieved these. Well done on your cross country success.

**Amie Pratt – Rm3** – Amie has been working really hard towards her goals in class. Amie has gone up two reading levels this term and is working hard to improve her work and abilities. Well done Amie!

**Ethan McCallum – Rm4** – For being an excellent role model in overseeing the implementation of the Milk in School programme. Ethan you have impressed me with your initiative and responsibility. Thank you for ensuring that this has run smoothly and efficiently.

**Connor Egerton – Rm4** – Thank you Connor for the pride you take in our school. I appreciate how you give up your own time to help me around the school. You are always very polite and helpful. Thank you from Mr Murphy.

**Robbie Bell – 78HW** – For demonstrating commitment and having a very positive attitude at the Southern Zone Area Schools Tournament.

**Godwin Dakila – 10SP** – Godwin has progressed well this week. He is interacting positively with others and is becoming a very active member of the form. He shows great pride in his work and appearance and is demonstrating Waiau Area School's positive values.

**Liam Egerton – 10SP** – For showing great thought in his work in Maths.

**Tahuna Wanakore – 11PM** – For showing a willingness to work hard in class to achieve his goals.

## AN INTRODUCTION TO ...

### MISS CHELSEA EDMONDSTON



*Miss Edmondston with two of her new fans, Jade Shepherd and Livia Campbell.*

My name is Chelsea Edmondston and I'm originally from Oamaru. I've spent the last four years up in Canterbury, studying to become a teacher. Last year I taught at Rotherham School in North Canterbury while I completed my Honours degree at the University of Canterbury. I taught a variety of year levels including years 1-4 for maths and years 3-5 for literacy. I also worked alongside a speech language therapist which helped to develop my interest in special needs learning. During completing my Honours degree I focused my research on how to engage students in independent reading activities. This was the first time I had worked in an Area School and I really enjoyed it.

I moved into the Southland area with my partner who is working on a local farm. We are really enjoying the friendly community of Tuatapere and the opportunities it

has to offer. In my spare time I enjoy playing sports, riding horses and spending time on the farm. As Waiau Area School has such a large focus on Physical Education I feel that I am in the right place to teach. The children and staff have all been welcoming and positive about the learning taking place within the school and I am really looking forward to the rest of the year with my class.

### CROSS COUNTRY AGE GROUP CHAMPS 2013

Well done to all those students who competed in last week's Cross Country, and congratulations to those who placed in the top three:

BOYS		
Year	Name	Placing
1-2	Peter Devery	1 <sup>st</sup>
	Harrison Erskine	2 <sup>nd</sup>
	Kahu Geary	3 <sup>rd</sup>
3-4	Chase Moir	1 <sup>st</sup>
	Jamie Mitchell	2 <sup>nd</sup>
	Ethan Clark	3 <sup>rd</sup>
5-6	Bruin Roe	1 <sup>st</sup>
	Ethan McCallum	2 <sup>nd</sup>
	Lucas Gutsell	3 <sup>rd</sup>
7-8	Lewis McKay	1 <sup>st</sup>
	Eric Ward	2 <sup>nd</sup>
	Jackson McCallum	3 <sup>rd</sup>
9-10	Shiloh Tupua	1 <sup>st</sup>
	Travis Swann	2 <sup>nd</sup>
	Craig Diack	3 <sup>rd</sup>
11-13	Elkanah Tupua	1 <sup>st</sup>
	Nathan Diack	2 <sup>nd</sup>
	Iain Hall	3 <sup>rd</sup>

GIRLS		
Year	Name	Placing
1-2	Meadow Rodgers	1 <sup>st</sup>
	Chelsea Taylor	2 <sup>nd</sup>
	Jaylah Harvey-DeClifford	3 <sup>rd</sup>
3-4	Kate Bennie	1 <sup>st</sup>
	Taylah Haggerty-Gilbert	2 <sup>nd</sup>
	Amie Pratt	3 <sup>rd</sup>
5-6	Georgia Powell	1 <sup>st</sup>
	Holly Hammond	2 <sup>nd</sup>
	Kirsten Devery	3 <sup>rd</sup>
7-8	Ella Wylie	1 <sup>st</sup>
	Shaina Ebron	2 <sup>nd</sup>
	Cheyenne Waihape	3 <sup>rd</sup>
9-10	Olivia Hammond	1 <sup>st</sup>
	Danni-elle Kennard	2 <sup>nd</sup>
		3 <sup>rd</sup>
11-13	Hayley Adams	1 <sup>st</sup>
	Coleen Ebron	2 <sup>nd</sup>
	Eleanor Carey	3 <sup>rd</sup>

**House Points:** Dean 90, Rowallan 74, Longwood 49

*Miss Rachael Poole, Sports Coordinator*

## WESTERN ZONE PRIMARY SCHOOL CROSS COUNTRY

Big congratulations to the students who went to Riverton on Wednesday and competed in the above. We had 12 students attend and they did themselves and our school proud. It was really impressive to see that with these 12 students we had eight parents attending with their kids.

Their results are: Lucas Gutsell – 9<sup>th</sup>, Flynn McCallum – 13<sup>th</sup>, Holly Hammond – 8<sup>th</sup>, Lachie Pratt – 14<sup>th</sup>, Curtis Swann – 15<sup>th</sup>, Georgia Powell – 2<sup>nd</sup>, Max Baird – 7<sup>th</sup>, Eric Ward – 2<sup>nd</sup>, Ella Wylie – 2<sup>nd</sup>, Cheyenne Waihape – 6<sup>th</sup>, Lewis McKay – 5<sup>th</sup>, and Shaina Ebron – 3<sup>rd</sup>.

By finishing in the top six, six of our students have now qualified to run at the Southland Primary School Cross Country at Gorge Road on 28 June.

*Miss Rachael Poole, Sports Coordinator*

## QUIZ NITES

7.30pm

Thursday 27 June &

Monday 8 July

Waiau Hotel

*(Donations for Raffle Prizes gratefully accepted.)*

*Funds raised will go towards helping our students get to Area Schools Nationals.*

## SIT OPEN NIGHT

5.00-7.00PM – TUESDAY 25 JUNE

This is an ideal opportunity to see what SIT has to offer and to discuss options with their skilled tutors. Please contact me via the School Office if you would like more information.

*Miss Rachael Poole, STAR/Gateway Coordinator*

Toasties Available @

Lunchtime

Wednesday 19 & 26 June

Cost: \$1.50 each

(To be pre-ordered on the morning)

Fundraising for Area Schools Nationals

## ADIDAS FUN RUN

A big thank you to the students who participated in the adidas fun run. We have had a great response to the sponsorship of the cross country, I have sent away the prize form today so the students should receive their prize in the next two weeks. I will give a report of the total funds raised in the next newsletter.

*Miss Rachael Poole, Sports Coordinator*

## LOST PROPERTY

Dylan lost one of his school shoes last week, after Cross Country. It's a black lace-up "Fuel" brand, size 4L – right shoe – scuffed toe. If it has mistakenly turned up at your house, please return it to the School Office.

*Thanks, Tara Williams*

## KI O RAHI

We had a group of students participate in the Ki O Rahi Tournament in Invercargill on Tuesday 11 June. They played well, had strong defence and did themselves proud. While they didn't make it to the finals, a fun time was had by all.

*Miss Rachael Poole, Sports Coordinator*

## SLEEP DEPRIVATION

Please take the time to read the article on Sleep Deprivation on the last page of this newsletter.  
Food for thought ...

## SPORTS UNIFORMS

Please return these to the School Office as soon as possible – washed and dried.  
Thank you.

## COAT HANGERS

We would be grateful for your spare coat hangers for hanging up 'Dress Ups'.  
Please drop in to School Office.  
Thank you ☺

## \*\* THE ENTERTAINMENT BOOK \*\*

*Now is your chance to buy the 2013/2014 Dunedin, Invercargill & Queenstown Entertainment Book.*

For only \$55 you'll receive over \$15000 worth of valuable offers! The Entertainment Book is filled with **2-for-1 offers** and up to **50% off**, valid until 1 June 2014.

The new books are better than ever and **sell for only \$55, with \$11 contributing to our School's**

**Camp Fund.** To purchase, either go to

[www.entertainmentbook.co.nz/orderbooks/2614r42](http://www.entertainmentbook.co.nz/orderbooks/2614r42), or pop in to the School Office and see me.

**NB: Be in quick as I only have very limited stock available.**

*Cheers, Ms Gillian Hammond*



## 2013 TIMELINE

<b>Tue 29 January to Fri 19 April</b>	<b>Term 1 (12 weeks)</b>
<b>Mon 6 May to Fri 12 July</b>	<b>Term 2 (10 weeks)</b>
Fri 14 June	Junior School Assembly
Wed 19 to Fri 21 June	Writers' Camp – Dunedin
Fri 21 June	Whole School Assembly and Junior School Assembly
Mon 24 to Fri 28 June	Writers' Week
Tue 25 June	SIT Open Night
Thur 27 June	Quiz Nite at Waiau Hotel
Thur 27 June	Mufti Day
Fri 28 June	Junior School Assembly
Thur 4 July	Spelling Bee
Fri 5 July	Whole School Assembly and Junior School Assembly
Mon 8 July	Quiz Nite at Waiau Hotel
Fri 12 July	Junior School Assembly
Sun 14 to Thur 18 July	Area Schools National Sports Tournament – Whangarei
<b>Mon 29 July to Fri 27 September</b>	<b>Term 3 (9 weeks)</b>
Thur 1 & Fri 2 August	CareerFest – Stadium Southland
Thur 8 August	School Photos
Sun 1 to Thur 5 Sept	SISS Netball Tournament – Christchurch
Fri 9 August	Mufti Day
<b>Mon 14 October to Wed 11 December</b>	<b>Term 4 (9 weeks) (NB: Tentative end date)</b>
Mon 28 October	Labour Day

## News from Our Teachers

### FROM MRS WARD – DEPUTY PRINCIPAL

#### Southern Zone Area School Tournament Fundraising

*The Cadbury Chocolates your child will have brought home to sell, all unsold chocolate and all funds raised*

*MUST BE RETURNED TO SCHOOL ON MONDAY 17 JUNE.*

The money received from these sales goes towards fundraising efforts. Once all monies have been received we will be able to notify parents / caregivers of the final cost.

#### NCEA News

It has been exciting to see students achieve Excellences with their NCEA results. I would like to particularly commend those students on correspondence who have achieved these grades. Correspondence is not always easy. Students have to be self-managing (even though Miss Collett does a great job overseeing them). This can often be difficult when other students are off task in your study space. Please do not allow yourself to get behind with your work.

We are now in the second half of the academic year for yr11, 12, and 13, with only 17 school weeks left before NCEA exams. Students need to increase their study at home and have the best possible work habits at school. Please seek help if you need it.

*Mrs Helen Ward, Deputy Principal*

#### SPELLING BEE

On Monday 1 July, our top spelling whizzes will be competing against other Southland schools at a regional spelling bee run by the *Otago Daily Times*. They work in teams of three to outspell competitors from other teams. Can they spell 'prodigies'? Here's hoping...

*Ms Jen Smart, HOD English*

### Area Schools National Tournament 14-18 July – Whangarei

### Student Workers For Hire

Are you needing jobs done??

We have four students heading to Nationals who are willing to do jobs for you as part of their fundraising.

They will do most things, eg. gardening, babysitting, cleaning, etc.  
Contact the School Office for details.

### WRITERS' CAMP / WEEK

Congratulations to **Marissa Johnston, Hayley Adams, Shiloh Tupua, Elkanah Tupua, Liam Egerton, Grace Drain** and **Craig Diack** who have been selected to attend Writers' Camp next week on the Otago Peninsula. The purpose of the camp is to inspire these budding creative writers, draft some new pieces and to explore career options related to writing at Otago and Aoraki polytechnics.

Writers' Camp is a build up to the inaugural WAS **Writers' Week** June 24-28. The whole school participates in writing activities this week, which is a celebration of our students' creativity and writing skills. There will be a found poetry competition, street poetry and a txt poem competition, in addition to writing tasks in class. We look forward to seeing your work!

*Ms Jen Smart, HOD English*

### TECH TALK

I just thought I'd pop in a quick note about tech this term for the yr7/8 group. They are currently working on their own project and are doing really well. They are trying to concentrate on efficiency and skill as well as learning a whole heap of practical techniques.

Over the term I will be helping them understand what they are learning and why it is worthwhile or important to be doing it; it would be great if you could ask them about this at home. If you want to contact me at the school to discuss the plans for this term or see how they are going feel free to make an appointment and pop down.

Finally, I am thinking about starting up Tech Club again for yr7-10 students. Seniors would also be welcome to come along to get some extra workshop time. I would intend running Tech Club on Wednesdays from 3.10-4.30pm each week. If your child would be interested in attending, please let me know. If there is plenty of interest, I will make it happen. Please be aware that your child would need to make his/her own way home afterwards.

*Mr Simon Pearce, HOD Technology*

### MATARIKI

Matariki is the Māori name for the small cluster of stars also known as the Pleiades or the Seven Sisters, in the Taurus constellation. In New Zealand it

comes into view low on the north-eastern horizon, appearing in the tail of the Milky Way in the last days of May or in early June, just before dawn. This heralds the Māori New Year.



Matariki is also associated with the winter solstice. It appears when the sun, drifting north on the shortest day in winter, reaches the north-eastern end of the horizon. The sun then turns around and begins its journey south. Matariki literally means the 'eyes of god' (mata ariki) or 'little eyes' (mata riki). Some say that when Ranginui, the sky father, and Papatūānuku, the earth mother were separated by their offspring, the god of the winds, Tāwhirimātea, became angry, tearing out his eyes and hurling them into the heavens. Others say Matariki is the mother surrounded by her six daughters, Tupu-ā-nuku, Tupu-ā-rangi, Waitī, Waitā, Waipuna-ā-rangi and Ururangi. One account explains that Matariki and her daughters appear to assist the sun, Te Rā, whose winter journey from the north has left him weakened.

According to Greek myth, the Pleiades are the seven daughters of Pleione and Atlas – Electra, Maia, Taygete, Alcyone, Celaeno, Asterope and Merope. While wandering through the woods one day, they were spied by Orion, who gave chase. To save them from Orion's dishonourable intentions, Zeus transformed them into stars and placed them in the sky. A number of ancient temples on the Acropolis in Athens face the direction where the Pleiades rise.

*Miss Anita Collett, HOD Science*

## LANGUAGE PERFECT WORLD CHAMPS

Congratulations to Room 4 who achieved a fantastic result in the recent Language Perfect World Champs. They had to learn as many Spanish words as they could in two weeks, and received points for their learning. They were up against high school students learning Spanish in the entire Southland region and three of our students did exceptionally well:

- Julie Skedgwell: 23rd overall
- Kirsten Devery: 40th
- Lucas Gutsell: 51st

Rank	School	Students	Score
1	James Hargest College	175	39,571
2	Southland Girls' High School	158	3,533
3	Central Southland College	71	1,760
4	Waiau Area School	19	629
5	Gore High School	44	561
6	Verdon College	267	481
7	Southland Boys' High School	47	78

Congratulations to our young linguists!

*Ms Jen Smart, HOD English*

## AIMING HIGHER KEEPS ON GROWING!!!

This week sees us accelerating towards the opening day for the community cinema which will be taking place at the beginning of July (yes it is that soon!).

The students are flat out getting things done; some are sewing up a storm with Mrs Dale Egerton and others laying a solid foundation for success with some concreting credits outside the building. These are some of the jobs we still need to do:

- ☀ Repair windows, sand and paint;
- ☀ Paint the outside of the building;
- ☀ Make up covers for holes in the weatherboards and fit;
- ☀ Pour a concrete base for steps and ramps;
- ☀ Make a projector and speaker mounts and fit them;
- ☀ Make curtains to fit the windows and paint the doors.

As you can see we're up against it but doing well with the support of the students on the course! They are organising the evening and sorting food and a programme of events as well as possibly two movie screenings. It will be a fantastic night and well worth attending! For further information keep looking around the town as posters go up or speak to the students on the course.

Thanks have to go to Lyn Tupua and Betty West for the massive amount of support and help they have given, as well as Dale for agreeing to help run the fabric course, and Angela McKenzie who donated the paint for the inside of the building. Thanks very much to all.

*Mr Simon Pearce, Aiming Higher*

## News from Our Students

We have a number of exciting events coming up over the next few months. Keep an eye out for:

- 27 June** Mufti Day – Gold coin donation.  
Proceeds to the SPCA.
- 9 August** Mufti Day – Gold coin donation.  
Proceeds to KidsCan.
- 12-18 August** VSA Friendship Bracelet Week
- 13-29 September** CanTeen Bandanna Week

*Nicola Diack, Student Council*

## News from Our Librarian

This week we have had a variety of activities in the Library, from storytelling to puzzles, and dominoes. The turtles are now very active and are still proving very popular with the Junior School students.

**New books to the Library this month include:** The Saga of Darren Shan Vampire Blood Trilogy, City of the Beasts by Isabel Allende, Jungle Kill by Jim Eldridge, Great NZ Hunting Stories edited by Charlie Janes and Ross Rowe, Nick Harvey's Handbook for Hunters and Shooters, Hunters, Rogues and Heroes (selected stories from NZ Outdoor Hunting Magazine), Toad series by Morris Gleizman.

**Scholastic Book Club** Issue 4 is available now, if your child has not yet brought a copy home, there are spare

brochures in the School Library. Orders are due back by 12 July. Orders can be left at the school office with payment included. When books arrive they can either be given to the child or the parent/caregiver.

#### Cool Websites

From the people who created Reading Eggs and Reading Express there is now Maths Seeds. There are free trials available for these programmes:

<http://readingeggs.co.nz/> – <http://mathseeds.co.nz/>

#### Blog

<http://christchurchkids.wordpress.com/>

Miss Joanne Fraser, Librarian

## Community Notices

If you have a Community Notice to advertise in our School newsletter, please email it to the school at [newsletters@was.school.nz](mailto:newsletters@was.school.nz).

#### TUATAPERE VALLEY SCOUT GROUP

We are starting Scouts again on Monday afternoons 4.30-6.00pm at the Den. Please give me a ring on 2266485 if you have children aged 10 and older and if you are interested in becoming a Leader. We are always on the look-out for Kea, Cub and Scout leaders.

Cheers Rob Hall Group Leader / Helen Hall Scout Leader

#### A GRADE RUGBY UPDATE FOR MAY

Well a more successful month for our Western A Grade team this May.

Sat 11 May played Midlands with a loss; player of the day was Kerrian Quinn (Otautau), Sat 18 May played Menzies Green in a friendly game this resulted in a 77-29 win, with player of the day going to Josh Brown (Otautau), then on Waiau's Club Day we played DLS Drummond with a great win and Mahaki Rodgers (Tuatapere) took away player of the day honours well done guys.

Queen's Birthday saw us have a weekend off from rugby and enter a team in the Annual Drummond 7's tournament, thanks to those players who attended – a great fun day had by all.

If you are interested in coming to watch any of our matches: 8 June we play at Central Pirates, 15 June we play Riverton, 22 June we play DLS Dipton at Nightcaps, 29 June TBC (Times to be confirmed).

Debbie Fowle

#### TUATAPERE NETBALL CLUB

We have had three girls selected for Central rep teams. Lizzie Addenbrooke in the yr7 team, Tui Waihape in the Under15 B team; Hayley Adams in the Under 15 A team. Congratulations girls; what a great effort!

Unlucky for Sophie Unahi, a clash of tournaments meant she couldn't go ahead with the Under 17 trials ...

Wendy Adams, Club President

#### WAIU VALLEY VICTIM SUPPORT GROUP QUIZ NIGHT

Waiau Valley Victim Support Group would like to you to support them on their upcoming Quiz night. **This will be held at the Waiau Hotel on Wednesday 19 June at 7.30pm.** Any donations will be gratefully accepted. Members are reminded that the next meeting will be at 5.30pm – also on the same day – 19 June.

#### SELF-DEFENCE COURSE FOR WOMEN 18 YEARS & OVER

Date: Friday 5 July  
Time: 9.45am to 4.00pm  
Venue: Tuatapere Golf Club, Clifden Highway  
Cost: Gold coin donation (morning tea, lunch and afternoon tea provided)

Registrations are limited to 25 and close 28 June, so be in quick! To register, contact Virginia Broughton on (03) 2266 772 / 027 4385615 / [virginia.broughton@woosh.co.nz](mailto:virginia.broughton@woosh.co.nz); or Avril Johnston on (03) 2266 483 / 027 7575983 / [tcworker@xtra.co.nz](mailto:tcworker@xtra.co.nz)

#### INVERCARGILL CHILD & FAMILY CENTRE

Dr Kay McKenzie – Registered Psychologist

Lynley Wilton – Child and Family Therapist

Telephone: 03 218 2929

Email: [info@icfc.co.nz](mailto:info@icfc.co.nz)

Website: [www.icfc.co.nz](http://www.icfc.co.nz)

Address: 13 Esk Street, Invercargill

# SLEEP DEPRIVATION

## Kids on the Computer / Cellphones Late at Night

### Computers/Cellphones are Keeping Kids Awake Night

It's 1 a.m. and Sara wakes to the sound of her vibrating cellphone. At 2.00am Matt is chatting with his girlfriend on Facebook. At 6.30am they both wake to the sound of their alarm clocks because it's a school day. While in history class, Sara doses off. Matt rear ends someone at a stop light because he's not as alert as he needs to be. Fortunately, no one is hurt.

This scenario is becoming an all too common problem for tweens/teens suffering from sleep deprivation because they are using cellphones, social networks, gaming sites in the middle of the night while alone in their rooms. Sleep deprivation can lead to dangerous situations and also clearly impacts learning. A recent study revealed that 75% of teens use cellphones at night when they should be sleeping. Also, according to an American Academy of Pediatrics study, after 9pm, 34% of the adolescents reported text messaging, 44% reported talking on the telephone, 55% reported being online and 24% played computer games. Parents are asleep in their rooms and have no idea this is going on. You may think that studies done in America are not relevant in NZ and that their statistics and ours would not be similar. Did you know however, that NZ led the world in rapid uptake of new technologies and internet connectivity and that per head of population NZ is considered one of the most technology 'savvy' countries in the world? So the downside of that is that our teens are probably engaged in those very things noted in the American studies.

### Sleep Deprivation Impacts Ability to Learn

Sleep deprivation really does impact our kids' ability to learn. We need sleep to learn, plain and simple. Sleep allows the brain to consolidate information that's been received and encoded. Learning actually takes place while we sleep. When sleep is disturbed the ability to learn is reduced.

How can parents help? If you want to optimize your kid's ability to learn in the classroom, take away and turn off those cellphones and computers at night. When the phone is left on, kids feel the need to answer. "It could be something important. I've got to see who it is."

Parents need to be parents and step in to make sure their children are getting adequate sleep and are not having their sleep interrupted by cellphones and computers.

### The Bright Screen Light Affect

Neuroscientists have discovered that bright screen lights from computer devices decrease melatonin which in turn affect the bodies sleep / wake cycles. So if your

child is using their cellphone at night their ability to sleep will be decreased.

### Recommended Amount of Sleep

The medical community recommends that children 7-12 Years Old get 10-11 hours of sleep per night and that 12-18 Years Old get at least 8-9 hours per night.

Unfortunately, about 45% of adolescents ages 11 to 17 get less than eight hours of sleep a night and 28% of high-school kids fall asleep in school at least once a week, according to a Sleep in America survey.

### Sleep Deprivation Affects Health Too

The trend of sleep deprivation is leading to many daytime problems for teenagers, including headaches, impaired concentration, weakened immune systems, crankiness, increased use of nicotine or caffeine and hyperactive behavior often misconstrued as attention deficit hyperactivity disorder. Drowsy driving which can lead to deadly accidents is also a big concern for teens who are sleep deprived. Anxiety disorders and even obesity have been linked to sleep deprivation.

### What Parents Can Do:

- Establish rules of computer/cellphone use with your teen.
- Teach your kids the value of sleep. Kids want to do well in school and on sports teams and to be educated about the impact of sleep deprivation on their well-being. If your teen understands the importance of sleep, they may be more willing to turn off cellphones and computers to get a good night's ZZZZs.
- The best option is to have your children plug their phones into chargers and turn in their laptops at a certain time at night—in the parents' bedroom.
- The "Trust but Verify" approach can be used if you allow your kids to keep their cellphones and laptops at night. You can check cellphones by looking at the phone usage records provided by your wireless carrier. Phones should be off, not left on vibrate which will still wake up your child. For laptops you can check the recorded computer activity of your child, (with a monitoring product like ScreenRetriever) by viewing your kid's internet activity-to see if they are complying with your rules of turning off their laptops at night.

And don't forget that you as the parent remain the biggest influence in your child's life. They are listening even when you think they're not!