Camperdown College Newsletter

Term 3, Week 2, 21st July 2016

Camperdown College

Contact

SENIOR CAMPUS 03 5593 1617
JUNIOR CAMPUS 03 5593 1438
Website: http://camperdowncoll.vic.edu.au

Camperdown College

Students

Shine

Senior Campus students were awarded for attendance, learning, citizenship and academic achievement whilst one student from each Junior Campus class received a Student of the Term award and fish and chips for lunch.

Our end of Term 2 Celebration of Learning Assemblies gave our school community the opportunity to recognise and celebrate student success in many forms.

Learning progress, academic achievement, modelling of school values, exemplary attendance and individual achievements were all acknowledged. Mrs Monk and I thoroughly enjoyed our special lunch last Friday with eight distinguished Junior Campus Students of the Term. Congratulations to all students who have aspired to excellence and worked hard to achieve their goals. Term 3 will present many more opportunities for our students to shine!

Cherie Kilpatrick, Principal
We have commenced the new school term with a number of staffing changes, welcoming Chris Brooks (Design and Technology) and Lisa Guegan-Brown (Food Technology and Health), and farewelling Ben McKenzie and Kim Gration, both of whom have accepted positions at Warrnambool College. Our Junior Campus Assistant Principal Clare Monk will shortly commence a two week internship at Warrnambool East Primary School as part of a Bastow leadership program and the Acting Assistant Principal role will be filled by Jacinta Tolland from Friday 22nd July to Friday 5th August. Change and growth are part of a school’s continuous improvement journey and I wish all of these staff members a successful and enriching next step.

Last week I was delighted to receive notification from the Department’s Languages Unit that Camperdown College has been successful in its application for an Indonesian language assistant for 2017. Our language assistant, Suci, will assist in Indonesian classrooms at both campuses for the equivalent of four days each week next year. We are presently looking into accommodation options here in Camperdown and would appreciate any information relating to paid board/rental options close to the school and town facilities. We will also be looking for opportunities next year for Suci to get to know school families and explore the local area.

We are anticipating the installation of our new Junior Campus playground in the week commencing Monday 22nd August, however this date has not yet been confirmed. Again, thank you and congratulations to our Parents & Friends Association for an outstanding fundraising effort and thank you to the school community for your generous support. The Parents & Friends stall on election day was a great success and we are very appreciative of the contributions made by so many school families. Thank you to parents who assisted with the organisation and running of the barbeque and cake stall, and to everyone who donated baked goods.

Our student free day last Thursday was well used to progress the work of securing high levels of learning for all Camperdown College students. P-12 teachers spent a session together at the start of the day revisiting the school’s Teaching and Learning framework before breaking into teams for detailed curriculum planning. Mapping out the learning cycles for communication to parents through Compass was a key focus of the teachers’ collaborative efforts. We are presently in the early stages of Compass implementation and would like to hear about your experiences of using the parent portal. You are welcome to contact myself or either campus Assistant Principal to ask questions or raise any concerns. Please look out for the Compass update which will be a feature of each big newsletter this semester.

Our 2016 Year 5-12 Students Attitudes to School data arrived in the school this week and is very affirming. Eight of the eleven indicators at the Junior Campus show improvement from last year, with the school’s average score for Student Safety, Student Distress and Student Morale all exceeding the State average score. All eleven indicators show improvement from last year at the Senior Campus and the school’s average is considerably higher than the State average in all areas. We will look for opportunities to investigate and address anomalies in the data, for example year levels where boys and girls are reporting different levels of satisfaction with particular aspects of their school experience.

The annual Parent Opinion Survey will be distributed later this week to a random sample of 44 families at each campus, and is due back on Friday 29th July. A small incentive has been offered to encourage students to return their parents’ surveys at either campus office, in addition to all participating families being in the draw for a uniform shop voucher. Participation is strongly encouraged and your input is genuinely appreciated!

Ms Cherie Kilpatrick
Principal
Welcome:
Welcome back to all students and their families for Term 3. We have a busy term ahead with many engaging and challenging activities planned in order to extend all students. This term we also welcome Chris Brooks and Lisa Guegan-Brown. Both teachers are highly experienced in their field and join our Technology area with Chris teaching VCAL and Design Technology and Lisa teaching Food Technology and Health. Students have enjoyed acquainting themselves with the new staff and participating in their subject offerings.

Student Progress:
All parents would have received their child’s reports during the last week of term. If there is any aspect of the report that you would like to follow up on, please feel free to make contact. It is hoped that students have read their reports carefully and have thought about how to address areas for future improvement. Parent Teacher Interviews will be conducted during week 7 of this term, but please don’t hesitate to make contact with teachers before this if you have any concerns. Regular progress information about your child is available on Compass.

If your child receives a Chronicle entry on Compass for positive behaviours or behaviour of concern, you will receive an email alerting you to the fact that there is an entry on Compass. To ensure that your email address is attached to Compass, please complete the following:

1. Log on to Compass
2. Click on the cog on the top right hand corner (Tools)
3. Update details – ensure your email address is correct.

Work Experience:
Commencing week 3, the Year 10 students will be participating in our work experience program. Quite a range of occupations will be experienced with students travelling throughout the local district and further a field to complete their work placements. We trust that the students will enjoy this opportunity to assist their career education.

Year 7 Information Night:
The Year 7 Information Night was a very exciting event for all concerned with staff and students having the opportunity to proudly showcase the offerings at the Senior Campus. Thanks must go to our Year 7 students who turned up in full force and did a fantastic job conducting subject based activities whilst parents had the opportunity to speak with subject teachers. Thank you must also go to Annabel Lucas, Lauren McIlveen, Alannah Blake and Mitch Prout for preparing the supper.

State Cross Country:
Congratulations to Charlie Tickner who participated in the State Cross Country in Bunderra last week. Charlie ran the four kilometres confidently in freezing conditions. It is a wonderful achievement to make it to State level and Charlie is most deserving of the praise that he has received from staff and students.

Year 6 to 7 Transition Program:
Year 6 students will continue their transition program with three more visits planned to experience subjects that they will study in Year 7. Tomorrow, the students will participate in an Art lesson during Sessions 3 & 4. The following sessions are:

- Tuesday 26th July: Sessions 1/2 English and Humanities
- Tuesday 2nd August: Sessions 3/4 Food Technology.

Year 12 Studies:
Students studying Year 12 subjects have received a VCE Exams Navigator. This booklet contains important information about approved materials and equipment, VCAA rules, examination timetables and special provision. It is highly recommended that parents read this booklet. A number of companies are currently advertising revision lectures for the Term 3 holidays. Students can access a variety of pamphlets in their study room.

Summer of the Seventeenth Doll:
Year 12 students attended a performance of Summer of the Seventeenth Doll at Brauer College today. This was a wonderful opportunity for the students to view the play and participate in a question and answer session about the characters’ motivations.

Important Dates for Year 12 families:
- Thursday 25th August: Parent Teacher Interviews
- Tuesday 18th October: Year 12 Final Assembly
- Wednesday 19th October: Year 12 Mystery Trip
- Wednesday 26th October: Year 12 Exams commence
- Thursday 17th November: Year 12 Formal

The 2017 Lord and Lady Somers Camps:
Lord Somers Camp and Power House (LSC&PH) runs two camps at Somers each year in January for 200 carefully selected participants, Lord Somers Camp for boys and Lady Somers Camp for girls. The camps are the premier programs of LSC&PH. The week long programs provide a mosaic of experiences that are exciting, full on and non-stop.

The camps are for participants currently in Year 11 or equivalent or between 16.5 and 18 years of age as of January 2017. A key objective of the camps are to bring together participants from a wide variety of backgrounds and experiences. The camp is looking for young people that will gain something out of the program. They don't necessarily need to be school leaders (but of course they can be!) but perhaps someone who has the potential. Wanted are young people who are willing to accept the challenge to be One in One hundred and participate in a camp like no other.

If students are interested in applying for the camp please see me for application details.

Vicki Angus
Senior Campus Assistant Principal
Welcome back to our wonderful school. This term is already set for exciting learning, loads of extra-curricula activities and opportunities for you to learn about and with your children. I would like to welcome Dayle Smithwick to Year 5/6B replacing Graeme Bennett on Long Service Leave and Simone Gellie to the PE/Science department.

Our Prep students will learn about Our Community. Students will discuss places they visit in their everyday life (eg: doctor, dentist, grocery shop, bakery, post office, etc) with a focus on how people cooperate to make these places work effectively. Year 1/2 students will complete a study of the Olympic Games. Students will study Rio and its culture, symbols and sports in the Olympics. Our Year 3/4 students will step back in time completing a study on Australia’s First Settlers and the Year 5/6 students will complete an inquiry unit on the Gold Rush in preparation for the Sovereign Hill Camp in August.

Next Monday all Junior Campus students will attend a play The Fairest of Them All as part of our cultural performance program. Later in the term we will celebrate Book Week and Literacy and Numeracy Week, Camperdown College Olympics Day and the annual Junior Campus Concert will take place in the last week of the term, which should be another great event.

With a busy term it important that we also keep the focus on teaching and learning. Parent Teacher Interviews are scheduled for next week, so please fill out a booking form if you haven’t done so already. Please contact your child’s teacher at any time throughout the term if you want to know what are your child’s focus areas for improvement are. Regular feedback on student progress will also be available through Compass.

Celebration of Learning Awards:
At the end of last term our Celebration of Learning Assembly was held. Congratulations to the following students who received the Term 2 Student of the Term awards: Chloe Anderson, Lola Evans, Patrick Spokes, Levi Coote, Corey Evans, Amber Clissold, Eve Britton and Lewani Bateman. The award winners attended a special lunch with Ms Kilpatrick and myself last Friday as part of their award.

Transition:
I know we say it all the time, but it really is astounding how fast time goes! Today the kindergarten students took part in the first of many transition visits, participating in a Literacy activity with a focus on the fairytale Jack and the Beanstalk. Thank you to Jacinta Tolland and Kim Clark for their diligent preparation and delivery of this program.

If you have a 2017 Prep student, or know of anyone who does, please remind them to drop their enrolment forms into our Junior Campus Office as soon as possible so that we can accurately plan for 2017. If you know of anyone who has not made the decision regarding their child’s school for 2017, let them know what a fantastic place Camperdown College is!

Our Year 6 – 7 Transition continues tomorrow when our Year 6 students make their way to the Senior Campus to participate in an Art class. Students will also attend the Senior Campus on Tuesday 26th July for English/Humanities and Tuesday 2nd August for Food Technology.

ICAS Digital Technologies Competition:
Congratulations to Lewani and Leilah Bateman for their participation in the ICAS Digital Technologies Competition. Both girls received a certificate of participation and were presented with their certificates at last Friday’s assembly.

Pre Service Teacher:
Last week, we had the pleasure of welcoming Adam Walker to the College. Adam is a fourth year, Federation University, Ballarat student. Adam will be working with our Year 5/6N students for the next six weeks. Taryn Hill is a fourth year, Deakin University, Geelong student and will be commencing her final teaching round on Monday in Year 3/4D.

Senior Campus Open Night:
It was fantastic to see so many of our students and their parents at the Senior Campus Open Night last Wednesday. There was certainly a buzz of excitement in the air. Just a reminder to all Year 6 families, that we would like to know by Monday 1st August whether or not your child is returning to Camperdown College in Year 7 for 2017. If so, please see Amy in the Junior Campus Office to make sure that your current contact details are correct.

Parent Teacher Interviews:
A reminder that Junior Campus Parent Teacher Interviews will be held next Wednesday 27th July between 1pm – 6pm. Session times were sent home yesterday. Interviews for Graeme Bennett’s class will be held when he returns from Long Service Leave. The home – school connection is an integral part of your child’s educational journey and your involvement in Parent Teacher Interviews is an important part of that. If for any reason you were unable to attend your interview, please contact your child’s classroom teacher to make another time.

Clare Monk, Senior Campus Assistant Principal

---

**Junior Campus communication sent to parents this week:**

<table>
<thead>
<tr>
<th>J58</th>
<th>Year 5/6 Camp – Medical Forms</th>
</tr>
</thead>
<tbody>
<tr>
<td>J60</td>
<td>Year 3/4 Camp – Change of Date</td>
</tr>
<tr>
<td>J59</td>
<td>Prep – Year 6 Parent Teacher Interviews</td>
</tr>
</tbody>
</table>

**Senior Campus communication sent to parents this week:**

| S30  | Bogong Final Letter |

---

**Junior & Senior Campus Canteen Roster**

<table>
<thead>
<tr>
<th>Monday 25th July</th>
<th>Canteen Closed for Lunches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 26th July</td>
<td>Canteen Closed for Lunches</td>
</tr>
<tr>
<td>Wednesday 27th July</td>
<td>Helper Needed Please</td>
</tr>
<tr>
<td>Thursday 28th July</td>
<td>Helper Needed Please</td>
</tr>
<tr>
<td>Friday 29th July</td>
<td>Helper Needed Please</td>
</tr>
</tbody>
</table>
**Logging into Compass**

Thank you to the families who have returned their agreements to be issued with a username and password for Compass. Please keep these coming in so that we can get as many families signed up as possible. Once you receive your username and password in the mail, you will be able to access Compass via computer, tablet or mobile phone (iPhone or android) by downloading the Compass School Manager app from the Apple or Android app store or using the web address https://camperdowncoll.vic.idlf.com.au/.

Cherie Kilpatrick
Principal

---

**Camperdown College Uniform Shop opening hours:**

- Wednesdays from 3.15pm – 4.00pm
- Fridays from 8.30am – 9.15am and 3.15pm – 4.00pm

With the exception of new families, we are unable to open the Uniform Shop outside of these hours. We thank you for your understanding.

---

**Soups of the Week:**

- Vegetable $2.50
- With dinner roll $3.00
- (Pumpkin soup available from Wednesday 27th July)

**Choc Raspberry Muffins**

Now available at the canteen for $1.50!

---

**College CAFE**

Each Tuesday lunchtime
@ the Senior Campus

**Menu**

- Chocolate Mousse (whipped cream) $2.00
- Hawaiian Barbeque Chicken Pizza $2.50
- Red Vegetable Soup $2.50

---

**2016 Mow Down**

Last year, we received generous donations of goods and services from a variety of businesses that will assist us to get our lawn mower up and running and also enable us to host a tremendous community event.

This year, we are looking for sponsorship from other members of the Camperdown College community and are seeking donations of money, goods or services. Any support would be greatly appreciated. If you would like to come on board as a sponsor for this year’s event, please contact me at the Senior Campus.

Nakeea Parlour, VCAL Student

---

**Year 5/6 Hockey Tournament**

Nine Year 5/6 students represented Camperdown College at the South West Division Hockey Tournament on Wednesday 22nd June. Four matches were played on the day for two wins and two losses. Our students worked well together as a team and worked hard whilst demonstrating excellent sportsmanship. It was a demanding day in the rain, playing three matches without a break. Our students played in good spirits and can be proud of their achievements.

Michelle Norton, Year 5/6 Teacher
The last day of Term 2 at the Junior Campus was a disaster – a fashion disaster that is!
The Junior School Council organised a Fashion Disaster Day and dim sim lunch for Prep – Year 6 students to celebrate the end of Term 2.
The staff were very impressed with the amount and quality of disastrous outfits that were put on show in a fashion parade. The two worst dressed students from each year level were awarded a certificate and prize. It was fabulous to see all students involved and experimenting with some outrageous fashion ideas.
We raised in excess of $350 which is going towards the new playground at the Junior Campus. Thank you so much to all families for supporting the Junior School Council.
Claire Tucker
JSC Coordinator

It was as if the Senior Campus was painted red on the last day of Term 2!
Students and teachers wandered the corridors dressed in spectacular red to support the worthy charity, SIDS and Kids. At lunchtime the theme continued with hot dogs and sauce available for sale.
SIDS and Kids is a charity dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and supporting bereaved families.
The SRC raised the magnificent gross total of $459.25. A huge thank you must go to the SRC members who helped on the day and to Ms Angus and Mrs Maskell for their expert care of the lunch preparation and sales.

Mrs Charles, SRC Coordinator
Excellence ~ Respect ~ Responsibility ~ Caring ~ Honesty

My name is David Bentham - Body and for my Year 12 VCAL Personal Development project, I have organised a non-perishable food item donation drive from Wednesday 13th July until Wednesday 27th July. This food drive is to help the Salvation Army. There are baskets at the Junior and Senior Campus Offices for donations. Did you know that the Salvation Army has been around since 1865? On any given night, 1 in 200 Australians are homeless. Each year, 2 million people in Australia rely on food relief.

There are also baskets for donations at Woolworths and IGA, so people can donate from there as well. Please donate generously, you will be helping those in great need.

To celebrate their achievements in Drama last semester, Year 7/8 students travelled to Melbourne to see a Circus Oz performance on Thursday 23rd June. The performance was full of comedy and amazing acrobatic acts which would inspire any performer. We were fortunate to have First Call funding via the Performing Arts Centre in Melbourne which gave us free entry and covered half of our transport costs. It was an amazing opportunity for our students to see some very clever performers.

Annette Timilsina
Year 7/8 Drama Teacher

Regular progress information about your child is available on Compass. If you have registered to use this you will be able to see the learning cycle that your child is working on in each of their subjects. Half way through the cycle, teachers will write a comment indicating what the students still need to focus on to successfully meet the learning outcomes. At the end of each cycle parents will receive feedback on their child’s accomplishments.

In Year Prep – 10, this will be a number grade outlining how many of the essential learnings that the student has achieved and for VCE students, a percentage score relating to SAC performance. In addition to this, every six weeks you will be able to access a progress report on your child. If you are having difficulty accessing Compass please make contact.

Compass App: Please note that the Compass app does not give you access to all of the functions available in the browser. If you have downloaded the app, you can click on the button at the top left of the home page (three horizontal white lines) and open in browser.

Vicki Angus and Clare Monk, Assistant Principals

2017 Enrolments
Do you have, or know someone who has, a child in Prep or Year 7 in 2017?
In order to accurately plan for next year, we request that all enrolments be confirmed by Monday 1st August 2016.

Prep: Please hand all enrolment forms to Amy at the Junior Campus Office.
Year 7: Year 6 students need to confirm with their classroom teacher or the Junior Campus Office that they are returning next year.
No paperwork is necessary.

2017 Kindergarten Enrolments
Enrolments are now being taken for both 3yo and 4yo Kinder in 2017. Enrolment forms can be collected at either Kinder or by phoning 5593 1936. Enrolments close Friday 19th August.
Prep – Year 6 Science (Term 3)

Term 3 will sure be an exciting one in Science, exploring the study of Biological Science. The Prep students will be investigating the unit of Staying Alive, Year 1/2 will be investigating, Watch it grow, Year 3/4 are exploring the unit of Feathers, fur or leaves and Year 5/6 are investigating the roles of Marvelous micro-organisms. I’m thoroughly enjoying my time here at Camperdown College, I continue to look forward to exploring these Sciences with your child/ren whilst I’m in this role.

In the first couple of weeks each year level will be engaging in the science unit eliciting their prior knowledge, stimulating their curiosity and raising questions for inquiry.

Prep - Staying alive

All animals, including humans, use their sensory organs to gather information about their environment. The sharp eye, the cocked ear, or the careful sniffing of air can warn animals of dangers that might threaten their survival. Humans use senses to gather information not only critical for our immediate safety, but also for planning to meet our basic needs for things such as food, water and shelter.

The Staying alive unit is an ideal way to link Science with Literacy in the classroom. It provides opportunities for the students to investigate the basic needs for survival of animals, including humans, and how their senses help them stay alive. Students’ understanding of basic needs and their importance in our lives will be developed through hands-on activities. Through investigations, students will explore the needs of a class pet (work in progress) and compare them to their own needs.

Year 1/2 – Watch it grow

All living things have their own life story, but all species share in the same cycle of growth, change, reproduction and death. Understanding more about the life cycles of various species can help us in many ways. It might help us to protect and preserve endangered species, to manage and control unwanted species like insect pests, or to improve animal husbandry.

The Watch it grow unit is an ideal way to link Science with Literacy in the classroom. It provides opportunities for students to explore the growth of a range of living things and explore the processes of growth and change, of reproduction and death that apply to all animals. Through hands-on activities and investigations, students compare the growth of living things under different conditions. The students’ have started to look at some meal worms by observing their features, movement and in the developing weeks, they will see their growth and change appear!
Excellence ~ Respect ~ Responsibility ~ Caring ~ Honesty

Calling for parent helpers...
The canteen is in need of volunteers during the following times and days:

**Wednesdays and Thursdays from 10.30am – 12.30pm and Fridays from 10.15am – 1.15pm**

If you are available during these times, **once a week, fortnight or term**, we'd love to hear from you!

Please contact Amy at the Junior Campus.

---

**Year 3/4 – Feathers, fur or leaves**

What is that? Is it alive? How is it like other things I know? Humans have always sought to make sense of the world around them by grouping things they see, for example, as edible, threatening or useful. Scientists develop classification systems to try to understand the diversity of life and how species are related throughout history. As more and more species disappear from the face of the Earth, we are caught up in a race to discover what we never knew we had.

The *Feathers, fur or leaves* unit is an ideal way to link Science with Literacy in the classroom. It provides opportunities for students to explore features of living things, and ways they can be grouped together. Through hands-on activities, students explore how living things can be grouped on the basis of observable features and can be distinguished from non-living things. They use this knowledge to investigate the animal groups in the leaf litter of their own school grounds.

**Year 5/6 – Marvellous micro-organisms**

Micro-organisms affect everyone. Some are helpful, while others are harmful. Pathogenic micro-organisms can cause diseases like sore throats, influenza, tuberculosis and AIDS. Decomposer micro-organisms decay rotting plant and animal matter, returning important nutrients back into the soil. Food spoilage micro-organisms like mould ruin stored food. Other bacteria and yeasts are vital to the production of food and drinks like yoghurt and bread, and beer and wine.

The *Marvellous micro-organisms* unit is an ideal way to link Science with Literacy in the classroom. It provides opportunities for students to develop an understanding of the role of micro-organisms in food and medicine. Students investigate the conditions micro-organisms need to grow, learn about yeast and the bread-making process, and research the development of penicillin.

The Year 5/6 classes have continued to construct their *earthquake proof* towers from the previous term. They were assigned a task to design and build a two storey structure using the only minimal materials – straws, paper clips, string and masking tape. The students were provided a specific criteria to follow, using only 30 straws and 3m of tape for the structure to withstand a 500g sand bag on each storey. Next week is their test, to see if their structure can withstand different magnitude earthquakes. We will keep you posted!!

---

*Year 5/6 students enjoying the practical aspects of Science.*

---

*S. Gellie*
Parents & Friends Silver Challenge

Keep your silver coins coming in; we have raised nearly $1,400 in twenty weeks!

This is an amazing effort!

Students in Year 1/2T enjoyed their reward of popcorn and slushies yesterday for being the class who raised the most money in Term 2.

We’re nearly there!

Junior Campus Awards


Footy Tipping Competition

Below is the ladder at the end of Round 16. The ladder is still very tight after round 11. Keep up the good tipping as you are now playing for the following prizes: 1st $100, 2nd $40, 3rd $20.

COMMUNITY PROJECT

RECYCLING OF OLD HEARING AIDS

Do you have or know someone who has a hearing aid they no longer use.

The Rotary Club of Camperdown is collecting old hearing aids to be refurbished and given to indigenous people in Northern Australia.

There is a collection box in the Rotary meeting room at the Camperdown Courthouse

Further details contact
Secretary Graeme Fischer 03 55939305

"Staying Sane"
Positive Parenting Program
A program for parents of children aged 2 to 8 yrs

Are you on the right track?
Do you need some help, tips or ideas?
Does your child have challenging behaviour?

There is no one right way to be a parent; but the Positive Parenting Program offers information, support and practical answers to everyday parenting concerns.

The Positive Parenting Program is for parents of children aged 2-8 years. It involves 4 weeks of group work (2 hours per week) and up to 4 follow-up phone calls (10-15 min per week).

The program looks at:
- positive parent/child relationships
- negotiating everyday challenges
- encouraging desirable behaviour

- teaching new skills/behaviours
- managing common behavioural difficulties

Cost
$20 or $5.50 conc.

Dates
Tuesday 18th, 23rd, 30th August and 6th September 2016

Time
10.45am – 12.45pm

Location
Terang Children’s Centre
62 Dow St, Terang

For bookings and more information please contact Jennifer Goode at Corangamite Shire Council
Phone 5593 7151
Email Jennifer.goode@corangamite.vc.gov.au
THE FACTS ABOUT SLEEP

THE IMPORTANCE OF SLEEP

- Sleep is important for physical and mental health. All body systems involved in either physical or mental health do not function well without sleep.
- Sleep is important for the body to rest and repair its systems.
- Sleep happens in two stages, non-Rapid Eye Movement (non-REM) sleep and REM sleep.
- Non-REM sleep occurs in four stages and is vital to get the body systems rested; this process is called homeostasis. A growth hormone is also produced during non-REM sleep, which causes children to grow and develop.
- REM sleep allows us to dream and studies have shown that dreaming allows us to learn. People who don’t dream or get REM sleep will not learn as efficiently.

EFFECTS OF SLEEP DEPRIVATION
Sleep deprivation may affect the following areas:
- Physiological/Physical health (cardiovascular and endocrine systems).
- Psychological (emotional and mental health).
- Psychosocial (behaviour, peer relations, family relationships).
- Cognitive (learning, attention, problem solving).

HOW MUCH SLEEP DO YOUNG PEOPLE NEED FOR OPTIMUM PHYSICAL AND MENTAL HEALTH?
The current thoughts are that teenagers need about nine hours per night. Most teenagers get between 7-8 so they are in ‘sleep debt’.

POSSIBLE REASONS FOR DISRUPTED SLEEP PATTERNS IN YOUNG PEOPLE
1. Circadian (sleep/wake) rhythm factors
   During adolescence there is a delay in the time when melatonin (one of the hormones which makes us sleepy) is released from our brains to our bodies. This may mean that adolescents are not tired until later in the evening and may then find it hard to get up in the morning.
2. Social changes and pressures
   Adolescents have a lot going on in their lives (phone, TV, jobs, social activities, school, sports, more homework, worry). Sleep is sometimes low on the priority list and is often given up for these other things.

Excellence ~ Respect ~ Responsibility ~ Caring ~ Honesty