**HONOUR ROLL**

Just a reminder to all students wanting to achieve HONOUR ROLL this term, you need to have completed the required amount of workbooks and assignments and also have said your scripture memory to your teacher by Thursday, June 30 (next week) as per your ILP’s that were sent out at the beginning of this term. Excursions and rewards are planned for those who achieve Honour Roll each term, so make the last week count :)

**SOUTH PACIFIC STUDENT CONVENTION**

For those students interested, the $100 deposit needs to be paid by June 30th. We will secure airline tickets once we have those deposits in. This really is a great opportunity for students to participate and fellowship with many other students across Australia and the South Pacific. Its lots of fun too:) See Mrs Lincolne very soon!

**P&F AUCTION**

Thank you so much to everyone who contributed to and attended our Time and Talent Auction last Friday night. It was a great night, full of laughs, lots of bidding and a couple of random auctioneers :) With thanks to everyone’s support we raised over **$12,000**. This is the most we have ever raised at our annual Auction. We are looking forward to putting this money back into the school.

**Thank you**

Jayden Cameron has won our Lego Competition at school and will go onto the local competition run by the Tasmanian Brick Enthusiasts. It will be held at the East Devonport Recreation Centre on the middle weekend of our school holidays, July 9th & 10th, from 9.30 - 4.30 daily. Awards will be presented late on the Sunday.

Cost to enter the viewing is: Adult - $5, Child - $3 and Family $15.
Student of the week

Kinder
Ella Overton for reaching out in friendship to others

Prep
Torben DeBoer for his cheerful and kind manner

Grade 1/2
Corey Hyland for a perfect attendance record this term
Alana Martin for being kind and friendly to everyone ;)

Grade 3/4
Oliver Groenewold for his beautiful neat handwriting
Kobe Boon for his dedicated attitude towards completing his goals each day

Grade 5/6
Rita Omari for consistently focusing on her work
Caitlin Wilson for working hard and always being polite

Grade 7
Jai Kirwood for being a diligent worker and for trying hard to do the right thing.

Grade 8
Caleb Beer for improvement in efforts, getting goals done and excellence in Drama and uniform.

Grade 9
Domonic Burgess for consistently only getting one question wrong on his tests

Grade 10-12
Bonnie Milburn for gentle determination and a smile full of sunshine.

Grade 5/6 have had a busy few weeks. The students should all be congratulated on their MAPPEN projects. Last Friday, they presented their slide shows and shared with the class a lot of very interesting facts about natural disasters. It is always a big challenge to speak confidently in front of others. Everyone who presented did a great job.

Mr Lincoln in assembly talked to us about the dinosaurs in the book of Job.

Job 40:15-24

On Tuesday the 21st June, The Preps - Grade 6 book part in the ‘Just One Day’ Challenge which challenged us to use no power (which meant no heaters or lights!) and to eat and drink simply for just one day. The students have been raising money for this cause. Below is a photo of grade 3/4 students working on the floor in the sunlight ;)

How screen time effects rest

“The main effect of overusing media devices is that it can decrease the total amount of sleep kids (& teens) get.” Says Dr Sarah Loughran, sleep researcher at the university of Woolongong.
She says excess screen time can hamper sleep in three main ways:
1. Timing - the use of electronic media can lead to delays in bedtime, resulting in less time being available for sleep.
2. Content - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
3. Light emissions - light from electronic devices can disrupt the body’s natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

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