

Room 5 News

Important dates:

Room 5 Assembly—November 8

Pupil Free Day—November 15

Celebration Night—December 4

Year 7 Graduation—December 6

End of term—December 13

Term 4, Week 1

Hampstead Primary School

Term Overview

The first week of this term will be once again spent doing a range of activities to help students develop resilience, persistence, team cooperation, trust, communication, and problem solving skills. A large part of the first week is also spent carrying out the **Keeping Safe: Child Protection Curriculum (CPC)**, which is mandated in all schools across Australia. This term, we have a particular focus on strategies for keeping safe. These include effective problem solving strategies, assertive communication, and what it means to be resilient. We will also look at ensuring we have a network of people we can turn to, if needed. Please chat to your kids about their learning in this.

In **Mathematics**, students will start the term completing an investigation on *shape* and *area*. They will end the year by completing learning on decimals, fractions and percentages; followed by an investigation.

In **English**, we are reading the student selected novel *Wonder* during DEAR; reading from a digital copy, while listening to the audiobook. We will watch the movie of this on completion of the book.

Guided Reading will be a stronger focus this term, with small groups being focused on particular needs of learning e.g. fluency, inferencing. Texts will be non-fiction and mainly focused on biographies. Biographies are what students chose to focus on for this term, and they will learn about how to construct their own, using their Guided Reading sessions as a base.

In **Science**, students will be learning about Physical Science with Mr M. They will have the opportunity to investigate and discover how change to an object's motion is caused by unbalanced forces, including Earth's gravitational attraction, acting on the object. In **The Arts** with Ms Higham, students will focus on *dance* in preparation for the End of Year Celebration.

Geography will continue to be the focus area of **HASS**, looking in particular at Place and Livability. Students will explore features of a range of countries and the factors that influence where and how people live. We have covered a large range of topics in **Health and PE** through Growth and Development and the



Starting off the term with a presentation from SAPOL re. Cyber-safety and Bullying

CPC, so will conclude the year looking at food and nutrition and the benefits of physical activity on wellbeing.

Just a reminder that for **homework**, students are expected to read each night and practice their multiplication and division facts for 30 minutes. Students also have the option of going on *Prodigy* and *Study Ladder* and completing numeracy and literacy activities at their learning level. They have the logins for these, and they were also sent home at the start of the year. There are also worksheets available for students to take home and complete.

Sleep and Teens

Teens need about 8–10 hours of sleep per night, but many don't get it. Sleep deprivation adds up over time, so an hour less per night is like a full night without sleep by the end of the week. Among other things, a lack of sleep can lead to being less attentive, inconsistent performance, short-term memory loss, delayed response time and anger problems. Teens

also undergo a change in their sleep patterns — their bodies want to stay up late and wake up later, which often leads to them trying to catch up on sleep during the weekend. But this irregularity can make getting to sleep at a reasonable hour during the week even harder.

Ideally, a teen should try to go to bed at the same time every night and wake up at the same time every morning, allowing for at least 9 hours of sleep.