



ST JOSEPH'S CATHOLIC HIGH SCHOOL

Principal: Mr John Barrington
 Tel: (02) 4230 8500
 Fax: (02) 4256 5793
 Student Absences: 4230 8585
 Postal Address: PO Box 130, Albion Park NSW 2527
 Email: info@sjchsdown.catholic.edu.au
 Website: www.sjchsdown.catholic.edu.au

Date: 6th March, 2014

Term 1 Week 6B

Dear Parents, Students, Staff and Friends of St Joseph's Community,

2013 HSC Success

Last week the school acknowledged the hard work and success of the 2013 HSC class by hosting an "Academic Excellence and Dux Ceremony". It was a wonderful occasion for the school to be able to congratulate the students for achieving a Band 6 (over 90) in a course and/or receiving a high ATAR score.

Congratulations to the following students for receiving a Band 6:

<i>Olivia Boyd-Skinner</i> Music	<i>Jessica Calleja</i> Legal Studies	<i>Rebecca Comensoli</i> PDHPE
<i>Michelle Eckardt</i> Legal Studies & Music	<i>Thomas Fogarty</i> Music	<i>Stacey Fredericks</i> Studies of Religion I & Visual Art
<i>Ryan Golub</i> Studies of Religion I	<i>Elizabeth Gregory</i> Studies of Religion II	<i>Katelyn Head</i> Community and Family Studies
<i>Nicole Johnston</i> Senior Science	<i>Laura Lopez</i> Spanish Beginners	<i>Hannah Masterson</i> Drama
<i>Laura Noonan</i> Design & Technology	<i>William Oliver</i> Mathematics Ext 2 & Music	<i>True Ross</i> Community and Family Studies
<i>Carly Sawtell</i> PDHPE & Studies of Religion I	<i>Chloe Seritti</i> Visual Art	<i>Thomas Toth</i> Drama
<i>You did it!</i> <i>Congratulations</i> ★	<i>Hallie Warrener</i> PDHPE	<i>You did it!</i> <i>Congratulations</i> ★

Well done to the following students for receiving a high ATAR score:

Elizabeth Gregory 91.65—Dux 2013

Michelle Eckardt 90.70, Ryan Golub 90.35,

*Jessica Calleja, Rebecca Comensoli, Thomas Fogarty, Stacey Fredericks,
 Hannah Masterson, William Oliver, Carly Sawtell, Chloe Seritti,
 Jasmine Temelkova, Hallie Warrener and Jessica Zanatta.*



Special thanks must also go to Elizabeth Gregory for her inspirational address as she reflected upon her experiences of being a senior, high achieving student at St Joseph's.

Lent

During the season of Lent we are called to spiritual renewal through prayer, fasting and almsgiving (helping others). Almsgiving helps us to overcome the temptation of the attraction of material riches, teaching us to respond to our neighbour's needs and to share with others whatever we possess through divine goodness. We are reminded that we are not the owners, but rather administrators (custodians) of the goods we possess: these, then, are not to be considered as our exclusive possession; but a means through which the Lord calls each one of us to act as a steward of this providence for our neighbour.



Mr John Barrington, Principal.

Uniform Update!!

The support of all parents in ensuring that your children are presented in full school uniform each day is greatly appreciated. In particular, we would like to extend our thanks to families for the very positive response to our request that all students be correctly attired in the areas of school shoes and joggers for sports days.

Jenny Bell, Assistant Principal

iPad Apps for Year 7!!

The iPad bootcamp has successfully introduced our new Year 7 students to their new learning tool just over a week ago. They are now settling into the daily use of these devices in their lessons, where it appropriately enhances their learning experience.



Could I remind students and parent/guardians to ensure they now have all of the required paid apps installed on the student iPads - including the Apple suite of apps (Keynote, Numbers, Pages, iMovie, iPhoto and

Garageband). If you haven't already done this and to check if your iPad is eligible to download these apps, please go to the App Store on your iPad, sign in and go to *Featured* and *Quick Links* section and select *Apps made by Apple*.

The full list of required apps for school can be found at:

www.sjchsdown.catholic.edu.au/ipads_2/apps_list.html. If you require codes or have further queries, please email sjchsipad@sjchsdown.catholic.edu.au. Apps included on the required apps list will be purchased by the school and codes distributed via email. You are not required to pay for them.

Deb Boughton, IT Coordinator

!! WANTED !!!

The Science Faculty is looking for an unwanted (but functional) Air Hockey Table to conduct Physics investigations relating to Newton's Laws of Motion. Anyone with a table they would be interested in donating, please contact Mr Lemmon!

©St Joseph's Catholic High School
Licensed under
NEALS





Pastoral Care
Mrs Schibeci

National Anti-Bullying and Violence Day is coming up on Friday 21st March. St Joseph's will certainly be honouring this day. Students have been invited to enter a film or art competition on this theme and our Junior Assembly and Senior Year Meetings of that week will be dedicated to the topics of bullying and violence. Our students will also receive an "Anti Bullying" wrist band to wear for the day. There will also be an evening for parents around the topic of cyber bullying. This date is yet to be confirmed, so stay tuned!

Many of our students suffer terribly because of this issue and many of the students who bully tend to have issues that push them to such behaviour, so any opportunity to work away at this problem is welcome. It may also be an opportune time for you to discuss bullying with your children at home.

On another note, but strangely sometimes connected-sleep or the lack of it, is a huge issue for our students. Teachers often report that students are extremely tired. We often over hear students talk of late night phone texting (2am) and computer games in the wee hours. Michael Grose explores this topic in this week's attached article.
Megan Schibeci, Pastoral Care Coordinator

Religious Education

The beginning of the season of Lent was celebrated liturgically on Tuesday and Wednesday. On Tuesday a selection of students attended a Palm Burning ritual. At this ceremony, centered on the Word of God, palms from last year were burnt in preparation for Ash Wednesday. On Wednesday, the school community participated in an "Ashes To Go" liturgy. This Ash Wednesday Liturgy of the Word reminded those present that unlike our throwaway society that always seems to desire things in a hurry, our faith and the promise of salvation are to be treasured and are freely available and everlasting gifts from God.
David Comensoli, Religious Education Coordinator





Cross Country Carnival

The Cross Country carnival will be held on Friday 7th March (tomorrow). Information for students and families has been emailed to all students and can also be found on the sport section of the school website (click the carnivals link). Everyone is asked to spend 5 minutes reviewing this information to ensure the day runs smoothly and is enjoyed by all.

Changes to Payment for Representative Sporting Events

Due to ongoing issues collecting money from students attending representative sporting events, we will be trialling a new system for collecting these fees from this week. Instead of sending the required levy for each activity to school with the return permission note, the levy for the chosen activity will automatically be billed to the students upon selection. If there are any questions or concerns regarding these changes feel free to contact myself or the school finance department.

Congratulations

- ◆ *Kaelah Austin* who was selected in the NSWCCC Open Girls Cricket team this week.
- ◆ *Paul Mulligan* who has been selected in the NSWCCC Boys Tennis team this week.

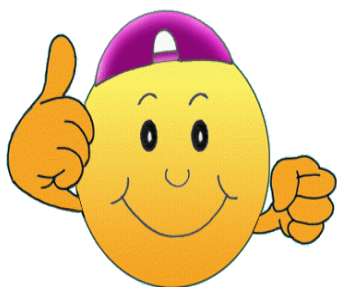
Diocesan Boys Touch Football Gala Day Report

Our boys participated in the Diocesan Touch Gala Day in week 5. The Opens had some solid wins against St John's, Magdalene and Corpus Christi. Unfortunately the hot weather saw the team fade away towards the end of the day but they were still able to finish a respectable 6th on the day. The U/15's registered a win over St John's but were unlucky to claim a few more wins after 2 draws in their other pool games to finish 7th on the day. The U/13's enjoyed their first hit out in St Joey's colours with convincing wins against Mt Carmel and St Benedict's whilst several other games went right to the wire. The side finished 6th on the day and shows tremendous potential for future gala days. Thank you to Mr Hetherington, Mr Lemmon and Miss Sproule for taking these teams as well as the parents who turned up to support on the day.

Diocesan Girls Football Gala Day Report

Our girls participated in the Diocesan Football Gala Day in Nowra in week 5. After an early start our 3 teams showed great spirit and enthusiasm against some tough and at time rough opposition. The junior girls were the best performed winning one game and sharing the points in 2 other games. The U/15 team also had a win and two draws. The Open's tried hard but ultimately fell short against bigger and faster opponents. Thanks to Mrs Oliverio and Miss Hurley for taking these teams on the day along with Jacob Lester and Nick Rootes (Year 12) who assisted in training the teams.

GO FOR IT !

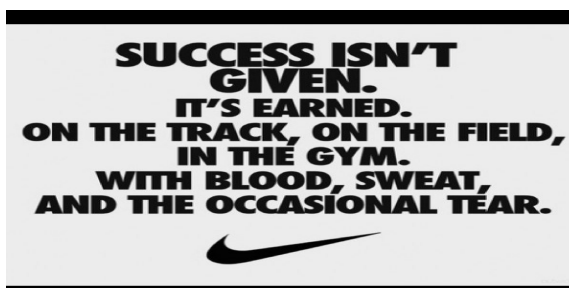


GOOD LUCK !

Good Luck to.....

- ◆ *Lachlan Young, Jayden Kemp and Joel Nicholson* who will represent St Joseph's at the NSW All School's Team Triathlon this Friday.
- ◆ *Reece Nikitaras* who will represent NSWCCC at the NSW All Schools Open Boys Cricket Championships next week.
- ◆ *The Open & U/15 Rugby League Teams* who will attend the Diocesan Gala Day on Monday.
- ◆ *The Boys and Girls Tennis Teams* who will participate in the Diocesan Teams Tennis Gala Day on Thursday.
- ◆ *Our Swimming Team* who will go for glory at the Diocesan Swimming Carnival on Thursday.
- ◆ And to former students *Beau Ryan (Cronulla Sharks)* and *Mitch Rein* who begin another season in the NRL while *Liam Faughlin* will take to the field for the Newcastle Knights in the U/20 competition.

Remember - "**Too much sport is never enough!!**"
Brett Moran, Sports Coordinator



Sports Calendar 2014

6-7th March - NSW All Schools Triathlon

7th March– School Cross Country Carnival

10th March– Diocesan Rugby League Gala Day (U/15 & Opens)

13th March– Diocesan Swimming Carnival and Diocesan Teams Tennis Gala Day

17th March– NSWCCC Golf Selections

19th March - Closing date NSWCCC Hockey Trials

24th March - -NSWCCC Boys/Girls Hockey Trials

Canteen Roster 2014

10th March Karen Davies, Janelle Johnston, Norella O'Sullivan, Kim Power, Rebecca Subotic, Vanessa Schofield, Sharni Barton

11th March Linda Wilson, Sandra Jensen, Nell Derubeis

12th March Narelle Keevers, Angela Walker, Sandy O'Connor

13th March Shona Arcella, Lee-Ann Ginsburg

14th March Tracey Teixeira, Alison Chetcuti, Susan Rayner, Michelle Partridge, Tracey Sumner, Nicole Oswald

Uniform Shop 2014

10th March

13th March Jill Neumann

Please be advised....

No Meat products will be sold in the canteen on Fridays during Lent.

****A reminder from the Uniform Shop -if you HAVE sold your second hand uniforms on the website could you please let Lina know via email so that they can be removed promptly.
uniformshop@sjchsdown.catholic.edu.au**

FOR SALE: 70 Denier Stockings are now for sale at the Uniform Shop. \$4.50 while stocks last!!



Jim Giles Pharmacy Albion Park Rail require a Junior Pharmacy Assistant. 13-14 years of age, preferably a female to be trained as an assistant. This is a casual position working after school or weekends. Candidates must be enthusiastic, willing to learn, have good communication skills, listening skills and be trustworthy. Please send your resume to pharmacy@jimgiles.com.au.

Bright Beginnings Child Care are offering a Traineeship for Cert III in Children's Services with an option to continue with a Diploma. Applicants must be 16+. The position is for 12-24 months and 21-38 hours per week. See Mrs Kennedy for details.

MIGAS Vacancies– visit www.migas.com.au

Indigenous students are encouraged to see Mrs Kennedy for information about opportunities for employment.

The Careers Room is open Lunch 2 every day except Friday.

Mrs Sue Kennedy, Careers Advisor

Curriculum Update!

This week the school has released the assessment schedules for all Years 7 – 11. For the students in Year 7 – 9 they have received a hard copy of the schedule and for Years 10 – 11 it has been sent to each student electronically. Year 12 received their electronic copy in Term 4, 2013. There is some explanation to the calendar:

- ◆ The assessment schedule outlines for each course being studied when tasks will occur. 2 weeks prior (10 school days) students will receive their notification (it will most likely come out in electronic form) for you to begin working on it.
- ◆ On the calendar you will see that **many of the tasks are listed on the Monday of each week**. This is not an attempt at humor or a challenge that we are providing students having all of their tasks on the same day! **This simply means that that particular task will be completed either on that day or during that week**. Students are advised to work from their notifications that they receive to ensure they are well organised for any upcoming task.

All Schedules can be found on the school website under student links.

If you have any questions or concerns about this I encourage you to contact the school. I will be more than happy to discuss this with you.

2014 for the staff of St Joseph's will see us incorporate more informal assessment into our teaching practices. Again, you as students and parents need not worry about this being an increase in workload, as this will happen within lessons during normal classroom activities. There are a number of reasons for this introduction:

- ◆ Informal assessment is an excellent tool for teachers to identify what content students understand and what they may need some extra work on.
- ◆ Informal assessment ensures that each student's learning is at the heart of our practices and we can ensure that when it is time to assess the unit, we and the students can be confident that the content is understood and that they can achieve to their full potential.
- ◆ Finally, informal assessment can often be conducted in fun ways so that it provides a real sense of success in all of our learners making their time at school a more satisfying experience.

I look forward to unpacking some of the strategies that our creative staff are implementing in their classrooms each and everyday.

Following on from last week we have our second tip to ensure that 2014 is successful for you!!

Tip 2: Break the "Cram Cycle" Before it Starts.

By the end of the semester, students often find themselves overloaded and overwhelmed, having to rely on cramming for final assessments/exams to get through to the break. They are exhausted and in survival mode. Thriving academically no longer matters. All that matters is the break at the end.

If you've ever felt this way, you've experienced what we call the "Cram Cycle." Students get busy during the semester, which leads to exhaustion. When you're exhausted, the only thing you want to do is zone out for a bit. After an afternoon of zoning, students are forced to put all their effort into completing assessments that are due tomorrow. We call this "cramming." As students work on only that which is due tomorrow, long-term assessments pile up and create even more busyness, which leads to exhaustion, and the "Cram Cycle" begins to accelerate. Most students only get out of the "Cram Cycle" when the semester ends.

But 2014 can be different. If you want to stay out of this dreaded cycle, commit yourself to studying at least five days a week, even when you don't have anything due the next day. Use every day as a review day, spreading out your study sessions for big tests and projects across multiple days instead of letting them pile up. This approach takes more effort initially to create these habits, but you'll reap the benefits when you're free of the "Cram Cycle" and the stress that follows it come exam time.

Paul Hughes, Curriculum Coordinator.

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today"

Year 11 News

At this week's Senior Assembly a number of Year 11 students helped with the presentation on "Teamwork the key to our Success". Year 11 students are encouraged to put in at least 3 hours a day before or after school doing homework and/or study notes. Students are to be on time to school and have good attendance, adhere to the school uniform code and listen in class. We want all our students to do their personal best and achieve their goals. Parents are encouraged to ask their child about the work they are covering at school and to ensure that time is not being wasted on social media instead of school work. Any problems please don't hesitate to call or email me.

Sue Kennedy, Year 11 Coordinator

Languages News

Rotary International

The Rotary Youth Exchange program is seeking expressions of interest from students in years 9, 10, 11 and 12 to take part in the January 2015 Exchange Program. Further information can be found on the website www.rotariyyouthexchange.com.au



University of Wollongong Research Project

St Joseph's has been selected to take part in a UOW research project titled: *Maximising Australia's Language Provision*. The research aims to identify the gaps/overlaps in the provision of languages across sectors, and to identify the language skills of students K-12 and their attitudes to and reasons for studying/ not studying languages. Some students will be involved in stage two of the project and will need to return the consent forms. The Languages Faculty welcomes this project and looks forward to stage two of the project.

Cultural Trip To Italy

Once again St Joseph's together with St Mary Star of the Sea Wollongong will be organising a Cultural Trip to Italy including a two week school/home stay during September – October 2014. This trip is for students studying Italian in years 10 and 11. There will be a meeting regarding the Trip to Italy on Wednesday 12 March 2014 at 6.30pm. The meeting will take place at St Mary's College Wollongong in the staff common room (entrance via Harbour St).



Martedì Grasso (*Shrove Tuesday*), traditionally the 'last party before the 40 day fast' was celebrated by all Italian classes with colorful masks and delicious crostoli. Grazie to Professoressa Mercieca and Professoressa Oliverio for bringing the Carnevale spirit of Venezia to the classrooms of St Joseph's.

Chinese Language and Culture

This year we have introduced the study of the Chinese Language and Culture to the Year 8 curriculum. Mr John Larkin is teaching this subject with much enthusiasm, passion and gusto to 8.5. Students are enjoying learning this language and can even be heard in the playground reciting greetings and numbers in the Chinese language. Well done Mr Larkin and 8.5- keep up the good work.

Michael Timpano, Languages Coordinator



St Joseph's School Choir has been invited to sing this Sunday at the Kiama Jazz Gospel Service taking place at Sts Peter and Paul Catholic Church, 94 Manning Street, Kiama. This concert has a variety of soloists, vocal ensembles, choirs and an instrumental jazz trio on the day. The performance will go from 12noon until 1pm. The event is free however, a collection for St Vincent De Paul has been organised as a fundraiser for this day-this is optional. Students involved in the school choir are asked to arrive at 10am for a rehearsal with the musicians.

P&F News.....On Monday night we held the AGM. At this meeting the 2013 Executive were all re-elected to their positions, however if anyone would like to assist with the position of Treasurer, please contact me. Numbers at the meeting were small but vocal when we discussed general business. Don't forget the Year 7 Welcome Night on 26th March and our next meeting will be on 31st March. At this meeting we will be awarding the student scholarships!! Please come along to the meeting.

Michael Townsend, President



**The first School Social for the year will be held on Wednesday 19th March
-that's right- St Joseph's Day!!!!**

**To celebrate St Joseph's birthday, the theme of the social will be
CELEBRATION—HAPPY BIRTHDAY JOEY'S**

We will also be welcoming Year 7 to our school community.

**Entry fee remains at \$6, the canteen will be operating all night and proceeds will go to
Project Compassion.**

Come along and enjoy the fun—Let's Celebrate!

Same rules apply.

- ◆ Parents are urged to bring and collect their children from the school hall or to arrange transport with other parents.
- ◆ Students will be required to be at the hall no later than 7.10pm and may not leave until the end of the dance unless collected by a parent. Students who will be late because of prior commitments should inform Mrs Pitt well in advance by supplying a note. Late students who have not informed Mrs Pitt will not be admitted unless accompanied by a parent.
- ◆ Only current students are permitted to attend.
- ◆ Smoking is not permitted. Any student who is suspected of consuming alcohol or illegal drugs will be denied entry. Parents will be contacted and asked to collect any such students.



BY THE GRACE OF GOD AND THE APOSTOLIC SEE

+ PETER INGHAM

Bishop of Wollongong

20 February 2014

St Francis Xavier's Cathedral, Wollongong

LENTEN PENANCE

The Church's Canon Law reaffirms our obligation to do penance. The special times of penance are all Fridays throughout the year, Ash Wednesday, Good Friday and the season of Lent.

- We recall that St John the Baptist prepared for the coming of the Lord by "preaching a baptism of repentance". Christ began his ministry on earth with the exhortation to repent: "Repent and believe the Gospel" Mk 1:15.
- Repentance means the rejection of sin. It implies conversion to, and reconciliation with God.
- Penance is the concrete expression of repentance. It takes the forms of prayer, self-denial, and works of charity. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Penance is the proof of our repentance.
- Repentance and conversion are central, ongoing features of Christian living. Penance has to be a constant, even daily, practice in our lives. In nominating special times of penance, the Church encourages and promotes in all of us the habit of penance.
- Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call "the social dimension of sin". The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world.
- We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence in all cases, it has left room for our own responsible choice. Where we make the choice, we should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday (5 March 2014) and Trinity Sunday (15 June 2014) unless for a good reason it is done at another time during the year.

All the faithful are obliged to confess their grave sins at least once a year.

DAYS OF PENANCE

All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast.

All who have completed their fourteenth year are bound to abstain from meat on Ash Wednesday and Good Friday.

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

a) Prayer - for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary.

b) Self-denial - for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country (eg, Project Compassion).

c) Helping others - for example, special attention to someone who is poor, physically or mentally ill, elderly, lonely, bereaved, depressed, addicted or overburdened.

Again this year, the Australian Catholic Bishops Conference calls on our clergy, religious and faithful to join us in observing the Fridays of Lent as special days of penance, particularly in the light of the child sexual abuse crisis. Appropriate penance would include setting aside regular time for the prayerful reading of Sacred Scripture, spending an hour in prayer before the Blessed Sacrament, and the traditional acts such as fasting and abstaining from meat.

During Lent may we redouble our prayers and self-denial for the following intentions:

- The success of the Royal Commission
- Justice and healing of victims
- Wisdom and compassion for leaders and carers
- Repentance by perpetrators
- Consolation for all affected
- Respect for life and the human dignity of all from conception to natural death
- Safety for all young people
- Grace for those tempted to lose faith or hope

The current abuse crisis underlines our need for purification, as a Church made up of fragile and failing human beings. May we accept the challenge and respond with commitment.

LENT 2014

WHAT IS DOING PENANCE ALL ABOUT?

St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus Christ began his ministry on earth calling on people to repent: “Repent and believe the Gospel.” (Mk 1:15)

Repentance means we reject sin, so as to turn back to the Lord. We seek reconciliation with God and with the Church community. We can have the assurance of forgiveness through the Sacrament of Reconciliation.

Doing penance by prayer, fasting (self-denial) and almsgiving (works of charity), is the concrete way we express our repentance and identify more closely with Jesus our Saviour. By doing penance we make satisfaction for our sins and take real steps in the renewal of our lives. To deny ourselves some legitimate pleasures can help train us to be able to say “no” to temptation and sin. Doing penance is proof of our repentance.

Because of original sin, our human nature is weak and inclined to sin. So repentance and conversion need to be central, ongoing features of living as followers of Jesus.

Penance, self-denial and self-control need to be part of our lives, not only for our own sake, but also for the sake of those who have to live with us, for the common good. In nominating special times of penance (all Fridays throughout the year and the season of Lent), the Church encourages and promotes in all of us the habit of penance.

Furthermore, observing these special times of penance by all members of the Church throughout the world, emphasises “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body of the Church. Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world.

Taking seriously our penitential obligations, we ought to carefully select the form of penance that we consider most appropriate for our own circumstances and for our own growth in the Christian life.

- All who have completed their 18th year and have not yet begun their 60th year are bound to fast.
- All who have completed their 14th year are bound to abstain from meat on Ash Wednesday and Good Friday.
- Pastors, teachers, parents are to ensure that even those who, by reason of their age, are not bound by the law of fasting and abstinence from meat, are taught the true meaning of penance.



**MORE
THAN
A GREAT
EDUCATION**

**catholic schools
enrolling now**

catholicschools.nsw.edu.au



Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.



Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don't function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence.

Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

- 1. Regular bed-times.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3. An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising **the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.