

Welcome to 4 China



4C will be using Seesaw to showcase their amazing work. I have attached a copy of instructions for you to download the app and access their account. Their account is private and can only be viewed by you.

Important information:

- Homework is given on a fortnightly basis. Students have 2 weeks to complete the activities and return it on Friday
- Reading Eggs and Mathletics may also be accessed at home. Student's log ins have remained the same as last year.
- Music, Library and PD/H/PE is on Thursday - please ensure your child has a library bag so they can borrow books to take home.
- School banking is on Thursday.
- Sport is on Friday.

Just a reminder that it is very important for your child to have a good sleep at night.

Your Brain Needs Zzzzzs

Your body and your [brain](#) need sleep. Though no one is exactly sure what work the brain does when you're sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an [argument](#) with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your [immune system](#) — which keeps you from getting sick.

I am looking forward to an exciting year ahead with 4C. Please do not hesitate to contact me if you have any concerns or require help with anything at all.

Kind regards,

Mr Carbone