

Parent Update

Term 4/Week 3
27th October 2022



APPLECROSS
SENIOR HIGH SCHOOL
INDEPENDENT PUBLIC SCHOOL

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**Thank you,
teachers at
Applecross Senior
High School**
#WorldTeachersDay

IMPORTANT DATES

24th Oct - 2nd Nov

- Year 11 Exams

27th October

- Year 7 Social

28th October

- Year 12 Grad Show Art Exhibition 6-8pm

31st Oct - 18th Nov

- Year 12 WACE Exams

31st Oct - 4 Nov

- Year 9 OLNA
- Super Science

7th November

- Year 11 Early Start for Year 12

7th November

- School Tour by booking only

10th - 12th November

- Year 11 Art Bush Camp

11th November

- Remembrance Day

14th November

- P&C EOY Sundowner
- Year 11 Reports emailed to Parents

17th November

- Tennis Presentation Evening 7pm PAC

18th November

- Music Department End of Year Concert (6.30-9.30pm in Central Quad East)

School Activities and Student Achievement

Keep up with all the exciting activities and student achievements that occur in the school by regularly checking our webpage, Facebook or Instagram pages.

Website <https://applecross.wa.edu.au/>
Facebook <https://www.facebook.com/ApplecrossSeniorHighSchool/>
Instagram https://www.instagram.com/applecross_shs/
School Calendar <https://applecross.wa.edu.au/parents/calendar/>
Parent Update <https://applecross.wa.edu.au/parents/parent-update-newsletter/>

Update from the Principal

Dear Parents and Guardians

On Saturday 15th October the school Cheerleading Team competed at the Aussie Gold State Showcase at HBF Arena. Our team of Year 9 and 10 students earned FIRST PLACE in the Secondary Level 1 Division and 'hit zero' (meaning they had no deductions for their routine)! The girls are to be congratulated on the hard work they have done on their routine and their incredible success.

Also, congratulations to Year 9 student, Emmy Levar-Uppill, for being the first-place prize winner in the Lower Secondary category of the 2022 Tim Winton Award for Young Writers.

It was wonderful to see our Year 12 students finishing their formal schooling with a final Whole School Assembly last week. The Year 12 cohort is to be commended for the manner in which they have handled the challenges of Year 12 and the ever-present risk of COVID-19. Year 12 ATAR students have impressed staff with their high levels of attendance and motivation right up until their final day. This is a very positive indicator of their motivation and commitment to doing their best. A number of students have now commenced employment or training in their chosen careers, and we wish those with WACE exams over the next few weeks all the very best.

Best wishes also to our Year 11 students who are currently on exams.

COVID-19 Update

COVID-19 mandatory isolation requirements have now been removed, effective from Friday, 14th October 2022. However, staff and students are still advised to stay home if unwell (with any illness) and to report positive RAT results to the Health Department. COVID-19 leave is still available to Education Department employees who have registered a positive case with WA Health.

People who test COVID-19 positive are encouraged to stay home until symptoms resolve and register their positive RAT with WA Health. Anyone who is a close contact is encouraged to test daily for five days and only attend school following a negative RAT result. Mask-wearing is also strongly encouraged during this time.

Students and staff can wear a mask at school if they choose.

COVID-19 positive cases and close contacts cannot visit public hospitals for seven days. You can visit [healthy.wa.gov.au](https://www.health.wa.gov.au) for up-to-date COVID-19 related support and advice.

Please contact [Sue Alderdice](#) if you have any queries or would like to collect additional RATs.

Thank you for your continued support in keeping our school community safe.

World Teachers Day

Friday the 28th of October is when Australia recognises the important role that teachers play in society and in shaping the minds of our young people. 2022 has been another challenging year for the world's 90 million teachers. The pandemic has highlighted the critical role played by teachers and other essential workers in society.

Students and parents are encouraged to send a note of gratitude or appreciation to those teachers who have made a difference or gone above and beyond what was expected. A little gesture is always appreciated and will give them a boost on this special day.

Thank you to the P&C for your kind message and for hosting a morning tea on the **Friday 28th October**.

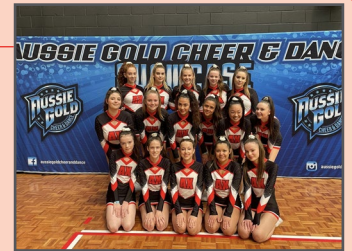
Applecross SHS wants you to become a School Board member

A vacancy on the School Board for both Parent and Community members will exist for 2023-2025. In this [Parent Update](#), you will find information about how you can nominate. Those nominating have been asked to include a photo, together with some brief information about themselves. This will be collated and used in the voting process. The current School Board will select the Community Representatives. While it is not necessary for the Community Representative to be a parent, it is permissible. If you know someone who is not a current parent who might be interested in applying for this position, please pass the details on to them.

Enquiries should be directed to the Principal, Mr Paul Leech, on 9314 9393. **The closing date for nominations is 17th November.**

Nomination forms can be emailed to the following address: marta.pitaro@education.wa.edu.au.

Kind regards
Paul Leech
Principal



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"Would you like to represent your community group within Applecross Senior High?"

Would you like to learn more about the hard work that goes on 'in the background' to help educate and nurture your child?

Have you ever considered joining the School Board?"



Now is the time to step up, and nominate to become a Community Board Member.

The role of the Board is one of advisory and approval. You need to be open minded, solution focussed, and a team player. The Board does not intervene in the control or management of the school, but rather partners the school on their journey to deliver exceptional education.

Your commitment includes attending two Thursday night meetings each term from 5:30 pm – 7:00 pm, along with the opportunity to attend school and community events to represent the Board.

What you can bring to the table through work and life experience, as well as connections to various industry and community groups, is always a value add.

To find out more, follow these links below for specific Board information.

[SCHOOL BOARD](#)

[ROLE OF THE BOARD](#)

If you are ready to apply, follow this link for an application pack.

[BOARD APPLICATION FORM](#)

COMMUNITY MEMBER

Voted by the Board

APPLICATIONS CLOSE

17/11/2022

(Board votes 24/11/22)

School Board Meeting Summary: 13th October 2023

by Adeline Teh - School Board Member

This meeting was the first open Board meeting that was conducted in accordance with the board regulations. Three public members attended the meeting.

The Finance Update indicated that funding rates have increased by 5.82% per student, followed by the notional salary increase across the board for all teachers.

The Principal's Update discussed the post-COVID-19 phase, in which there was a whole school assembly for the first time in three years. The Principal praised the well-behaved manner in which the Year 12 cohort have presented themselves with all the challenges throughout the year.

The P&C presented the report in which the Canteen had passed the Health Inspection with a five-star rating. The P&C and the School Board are also planning World Teacher Day.

The Leadership team presented the progress of the School Business Plan for 2023-2025. The School Business Plan is progressing, with highlighted areas that include a staff wellbeing program.

Chairperson Report for 2022 was nicely presented by Damien Ewington.

There will be three board committee nominations open for the year 2023. There will also be the 2022 Board Awards and Commendations to be presented at the end of the year.

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OLNA: (Online Numeracy and Literacy Assessment) Update

by Anna Edwards - Literacy Coordinator

Years 10, 11 and 12

If your child is in Year 10, 11 or 12 and sat OLNA in August this year, you will have received your child's Round 2, 2022, OLNA results. Many students passed these important tests, and we offer our congratulations to those students. We also commend all students on their efforts and will continue to support them on this journey.

Year 9

Many Year 9 students will have completed an OLNA in Week 3 of Term 4, and we wish them luck with their results.

The Numeracy OLNA and catch-up tests will be occurring for Year 9s in Week 4 of Term 4. Your child is required to achieve a pass in these tests to ensure achievement of the Western Australian Certificate of Education (WACE). Therefore it is very important that your child attends the test at the date, time and location indicated on the timetable, which was sent home via email in Week 2. The test time is also visible in your child's SEQTA portal. Please discuss the importance of the OLNA with your child, and ensure that they are aware of the date, time and location of each test.

If your child is unwell on the day of their OLNA test, they should not attend school. Instead, please contact the Literacy Coordinator, Anna Edwards, at anna-mary.edwards@education.wa.edu.au as soon as possible, and if possible, an alternative test time will be arranged.

If your child does not pass their OLNA on their first attempt, there will be five further opportunities to sit each required test before completing secondary school. We will be continuing to support students to pass these important tests.

The results of the Year 9 OLNA tests will be made available early in Term 1, 2023.

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Finance Reminders

by Finance Department

Thank you to all parents and caregivers that have paid the School Fees for 2022. Many families still have not made full payments of compulsory charges for this school year. If you have not made a payment, your prompt attention is requested in finalising your account for 2022. Please contact the Finance Department at your earliest convenience if you wish to discuss payment of your children's school fees. Please be reminded that debt collectors are used for all outstanding school charges.

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Year 12 WACE Exams

by Toni Jones - Associate Principal Year 11-12

A final reminder that the Year 12 ATAR exams start on Monday. All students must bring their personalised exam timetable to each exam, along with a photo ID. I strongly recommend that they put it in their bag and use the same bag every day for the exams. If they, for some reason, lose the timetable, new copies can be obtained from the Main Reception or Student Services. It is essential that students attend all exams regardless of whether they are eligible for an ATAR score or not. If students fail to attend an exam, they will not receive credit for having completed this course in Year 12. This will likely result in them not achieving their Western Australian Certificate of Education. The consequences are very serious, considering this certificate is the culmination of 13 years of schooling. It is essential that all students triple-check when their exams are scheduled.

Please note that the following exams are held at different Examination Centres to all others:

Japanese Second Language Written Examination - **held at All Saints College**
French Second Language - **held at Rossmoyne Senior High School.**

[2022 WACE EXAMINATION TIMETABLE](#)

Under no circumstances are resits possible. I would encourage parents to be aware of when the exams are running and have the schedule prominently located, so it is easy for students to be reminded when the exams are scheduled. Failure to attend an exam due to making a mistake with either the time or date is not an acceptable reason for missing an exam, and the consequences above will apply. Whilst most exams are at Applecross SHS, this is not always the case. Please be aware of where students need to go to sit their exams. If it is not at Applecross SHS, I suggest visiting the venue prior to the day. We have in the past had students being late because they got lost.

Any student unable to sit an exam due to illness or other reasons must fill in a [Sickness Misadventure Form](#) and submit it to the School Curriculum and Standards Authority (SCSA). Click on the link below to access the current form:

[SCSA 2022 Sickness Misadventure Form](#)

The school can assist with this process, but we cannot accept the forms without evidence. These must be submitted to SCSA ([see information on the form](#)). If it is a medical reason, a doctor's certificate **must be provided**, so students will need to make an appointment that day. This is an SCSA requirement. **The deadline for receipt of these forms with evidence by SCSA is Tuesday, 22 November.**

The message the school has been giving students since they entered senior school is to just do their best as this is all we can expect. Above all, it would be appreciated if you could assist as much as possible with keeping students focussed and calm. Please feel free to contact [me](#) if you have any questions during the exam period.

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Year 11 Exams

by Toni Jones - Associate Principal Year 11-12

Year 11 ATAR exams are well underway and will conclude on Wednesday, 2nd November. Students are not required to attend school during this time unless they have an exam. It would be appreciated if parents/guardians could ensure that students are aware of when their exams are scheduled.

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Year 11 Students – Workshops Week 4 following Exams

by Toni Jones - Associate Principal Year 11-12

All Year 11 students are required to attend their scheduled group session on Thursday or Friday of next week. All students will complete Module 2 of their Protective Behaviours program.

- Group 1 will attend on Thursday, 3 November 8:20 am to 11:00 am
- Group 2 will attend on Friday, 4 November 8:20 am to 11:00 am

Students have been notified of their respective groups and should check their Connect Page and SEQTA emails for further information. They are not required to attend school other than the times indicated above.

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Year 11 - 12 Early Start

by Toni Jones - Associate Principal Year 11-12

All Year 11 students are required to return to school on Monday, 7 November. They will then begin the Year 12 course. This three-week period will allow additional time for students to cover content, consolidate key skills required to be successful in Year 12 and get a head start on the Year 12 course. It is very important that students return from exams ready to work.



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Leaving Applecross SHS in 2023

by Admin Computing

If your child is not returning to Applecross in 2023, please inform the school via the below link as soon as possible.

Your assistance in this matter is very much appreciated. Thank you!

[Click here](#) for the link.



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Year 12 School Reports and Email Access

by Admin Computing

Once the school year concludes (16th December), Year 12 students and parents will no longer have access to school reports and their student email account.

We encourage students to download all school reports and transfer/save any information they require from their student email account prior to this date.

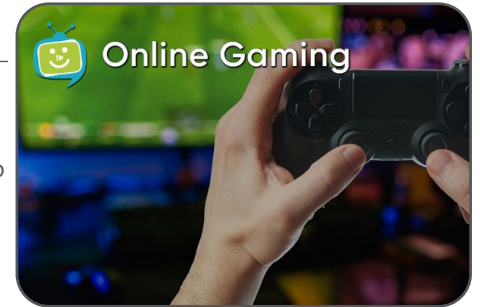
**Access to
Reports
Online**

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SCHOOL TV: Online Gaming

by SchoolTV

Young people might have a lot of fun playing online games, but parents and carers need to make sure they empower their children to make wise decisions and help them manage the risks. Numerous games can help your child become more coordinated and adept at problem-solving and multitasking and help them develop social skills through online interaction with other players. However, it's also critical to comprehend what may go wrong and what might be harmful to your child. Carers need to play an active role in understanding and being aware of what their young person is playing online and who they are interacting with.



Here is the link to this month's edition [SchoolTV – Applecross Senior High School](#)

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P & C End of Year Social Event

by P & C Association

The AXSHS P&C are looking for Parents and interested Community members to work as part of our dynamic team to support the school community. We are looking for new general P&C members as well as those who might be interested in taking on a more specific role for 2023, including President, Vice President, Treasurer and Secretary.

We would like to invite anyone interested in becoming involved in our last get together for the year, a social event.

Monday 14th November 2022 at 5:30 pm in the Staffroom at AXSHS
Drinks and nibbles will be provided

It is hoped that Kim Giddens MLA will be attending.
This a great opportunity to ask her any questions you may have.

This is not an AGM, but a social get together where you can meet other P&C members and the current committee members, ask questions and think about how you can support our school.

The P&C has supported many programs, including the CORE Camp, Chaplain, the Fathering Project, building the bike enclosure and running the Bike Safety Inspections, as well as contributing towards the Hospitality Café (construction starting soon).

RSVP by Friday, 11th November @ axshspc@gmail.com

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a
Big
Thanks
and message of
support to teachers
at **Applecross**
Senior High School
celebrating
International
World Teachers Day



We appreciate the
important role that
you play and the
challenges that you
have faced in recent
years.

From the
Applecross SHS P&C

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EYES on VET

by Melinda Kennington - VET Manager

Welcome to another edition of Eyes on VET.

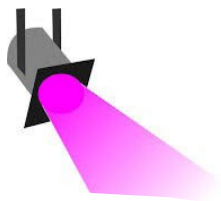
It was wonderful to see all the amazing achievements at the Year 12 Awards Assembly. Congratulations to all our award winners, and all those who may not have won an award but worked to their best of their ability through Year 12. Special congratulations to our VET Award winners:

School-Based Traineeship – **Sophia Pitaro**
VET Manager's External Course – **Annikka Postlethwaite**
Workplace Learning – **Jaz Reynolds**

These top VET students were also successful in gaining interviews for the SCSA VET Awards, along with **Bianca Clack and Madi Richardson**, and are now waiting to see if they make it to the next stage of the Awards process.

Year 11 VET Connect students have a terrific opportunity to use the exam break to catch up on any work they may have been behind in from school or their external course, while some have taken advantage of this extra time off to pick up more Workplace Learning to increase their total hours for the year. All hours completed in the Workplace Learning program will show on the Year 12 Statement of Results, so this total can be very impressive for alternative University entry, TAFE or other external courses, as well as for employment and apprenticeship opportunities.

With only 4 weeks left of Year 11, I will be working closely with the VET Connect students to check that they are all set to start any new courses in Year 12 and Workplace Learning in Week 1 next year.



Spotlight on Year 10 Work Experience in Week 9

Just a reminder that Year 10 students all have the opportunity to complete a week of work experience in Week 9. Work Experience encourages students to engage in employment in a particular field of personal interest. The students gain invaluable skills and experience from participating in this opportunity, and it is beneficial to be able to include this work in a Resume for casual employment and TAFE or Alternative Entry to University applications in the future. It can also assist students in

making decisions about their future pathways.

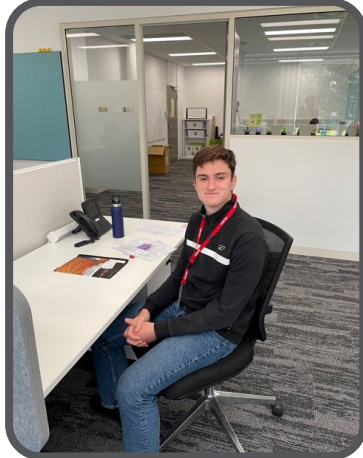
Students can collect information about Year 10 work experience from the VET Office or from Connect. Employer details for placements need to be returned to the VET Office ASAP for processing. To date, 112 students have submitted their forms. Site checks and paperwork for all these workplaces have commenced.

I look forward to seeing these students take up this great opportunity.

eyes on VET

by Melinda Kennington - VET Manager

Snapshots around the workplace...



Anthony Plange-Korndorfer
at ICRAR



Callum Boyce
at WesTrac



Mackenzie Cox at
MKDC Design



Sophie Rendall at
Beeliar Primary School



Congratulations

...**Isobel Donaldson** (Year 11 VET Connect), who successfully gained a part-time position as an Assistant in Nursing (AIN) at Aegis Hilton, after recently completing a Certificate III in Health Services at the Health Science Hub

...**Mackenzie Cox** (Year 10 VET Connect), **Anthony Plange-Korndorfer** and **Callum Boyce** (Year 10) who recently completed a week block of work experience

...**Yenda Chong, Adrienne Husin-Ali and Sophia Padilla** (Year 11 VET Connect) who completed a Certificate III in Aviation (Cabin Crew) at SM TAFE. I was delighted to be able to attend their Graduation last week.

...**Emma Taylor** (Year 10 VET Connect), who was successful in gaining work experience with the ADF in Army Familiarisation at Irwin Barracks

...Year 12 VET Award Winners – **Sophia Pitaro, Annikka Postlethwaite and Jaz Reynolds**

...**Annikka Postlethwaite** (Year 12 VET Connect) on being one of only eight winners in the state to be awarded a 2022 iVET Excellence Award, with a prize of a \$500 prepaid EFTPOS voucher

...**Lachie Caddy** (Year 10 VET Connect), who gained his Pilot Licence for planes up to 1500kg, which would enable him to fly me over to Rottneest!

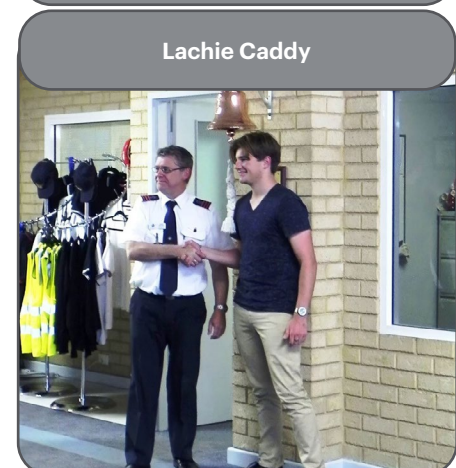
Well done to all these students on their achievements!

Please keep your **eyes on VET** in the next Parent Update.

Best wishes
Melinda Kennington - VET Manager 😊



Yenda Chong, Adrienne Husin-Ali
and Sophia Padilla



Lachie Caddy

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From the Health Centre

by Pauline Chambers - School Nurse

Please check the expiry date on your child's puffers. It is a good idea to have a dedicated puffer and spacer in your child's school bag, so it is always there if needed.

Don't take asthma lightly.

A yearly review with your GP is a good plan, or sooner if they are unwell.

One Australian dies every day from asthma. The Asthma Foundation website has fabulous information so worth having a look there.

Stay well.

First Aid for Asthma

1	<p>Sit the person comfortably upright. Be calm and reassuring. Don't leave the person alone.</p>
2	<p>Give 4 puffs of a blue/grey reliever (e.g. Ventolin, Asthaler or Almorex) Use a spacer, if available. Give 1 puff at a time with 4 breaths after each puff. Use the person's own inhaler if possible. If not, use first aid kit inhaler or borrow one.</p>
3	<p>Wait 4 minutes. If the person still cannot breathe normally, give 4 more puffs.</p>
4	<p>If the person still cannot breathe normally, CALL AN AMBULANCE IMMEDIATELY (DIAL 000) Say that someone is having an asthma attack. Keep giving reliever. Give 4 puffs every 4 minutes until the ambulance arrives. Children: 4 puffs every 4 minutes is safe dose. Adults: For a severe attack you can give up to 8 puffs every 4 minutes.</p>
OR	
<p>Wait 4 minutes. If the person still cannot breathe normally, give 1 more dose. If the person still cannot breathe normally, CALL AN AMBULANCE IMMEDIATELY (DIAL 000) Say that someone is having an asthma attack. Keep giving reliever while waiting for the ambulance: For Bricanyl, give 1 dose every 4 minutes. For Symbicort, give 1 dose every 4 minutes (up to 3 doses).</p>	
WITH SPACER	WITHOUT SPACER
<p>HOW TO USE INHALER</p> <ul style="list-style-type: none"> Assemble spacer Remove puffer cap and shake well Invert puffer upright into spacer Place mouthpiece between teeth and seal lips around it Press once firmly on puffer to fire one puff into spacer Take 4 breaths in and out of spacer Slip spacer out of mouth Repeat! Puff at a time until 4 puffs taken - remember to shake the puffer before each puff! Replace cap 	<ul style="list-style-type: none"> Remove cap and shake well Breathe out away from puffer Place mouthpiece between teeth and seal lips around it Press once firmly on puffer while breathing in slowly and deeply Slip puffer out of mouth Hold breath for 10 seconds or as long as comfortable Breathe out slowly away from puffer Repeat! Puff at a time until 4 puffs taken - remember to shake the puffer before each puff! Replace cap
BRICANYL OR SYMBICORT	
<ul style="list-style-type: none"> Disassemble spacer and remove Hold inhaler upright and twist grip until you hear a click Breathe out away from inhaler Place mouthpiece between teeth and seal lips around it Breathe in forcefully and deeply Slip inhaler out of mouth Breathe out slowly away from inhaler Repeat! Puff at a time until 4 puffs taken - remember to hold the grip both ways for inhaler before each dose Replace cover 	

Not Sure if it's Asthma?
CALL AMBULANCE IMMEDIATELY (DIAL 000)
If a person stays conscious and their main problem seems to be breathing follow the asthma first aid steps. Asthma reliever medicine is unlikely to harm them even if they do not have asthma.

Severe Allergic Reactions
CALL AMBULANCE IMMEDIATELY (DIAL 000)
Follow the person's Action Plan for Allergies if available. If the person has known severe allergies and seems to be having a severe allergic reaction, use their adrenaline autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.

For more information on asthma visit:
Asthma Foundation - www.asthmafoundation.org.au
National Asthma Council Australia - www.nationalasthma.org.au

First aid fact sheet

Choking adult or child (over 1 year)

St John

! If the patient becomes blue, limp or unconscious, follow DRABCBD and call **Triple Zero (000)** for an ambulance.

Signs and symptoms

- clutching the throat
- coughing, wheezing, gagging
- difficulty in breathing, gagging or swallowing
- making a whistling or 'crowing' noise, or no sound at all
- blue lips, face, earlobes, fingernails
- loss of consciousness

What to do

- Encourage the patient to relax. Ask the patient to cough to remove the object.
- If coughing does not remove the blockage, call Triple Zero (000) for an ambulance.
- Bend the patient well forward and give up to 5 sharp blows on the back between the shoulder blades with the heel of one hand.
- Check if the blockage has been removed after each blow.
- If the blockage has not cleared after 5 back blows, give up to 5 chest thrusts.
- Give chest thrusts by placing one hand in the middle of the patient's back for support and the heel of the other on the lower half of the sternum. Thrusts should be slower and sharper than CPR compressions.
- Check if the blockage has been removed after each thrust.
- If the blockage has not cleared after 5 thrusts, continue alternating 5 back blows with 5 chest thrusts until medical aid arrives.
- Check if the blockage has been removed after each thrust.
- If the patient becomes blue, limp or unconscious, follow DRABCBD and call **Triple Zero (000)** for an ambulance.

5 back blows

5 chest thrusts

In a medical emergency call Triple Zero (000)

DRSABCD Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

You could save a life with first aid training. www.stjohn.org.au • 1300 360 455

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sleep hygiene

What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

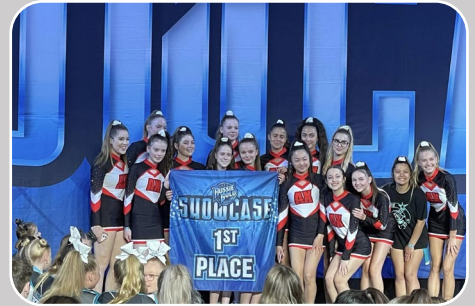
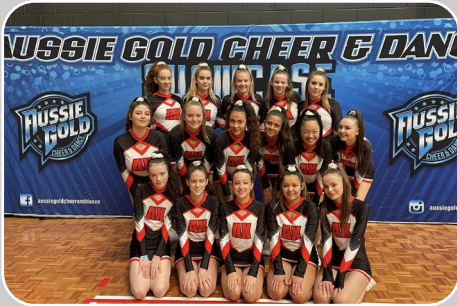
There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy or alone.

Sleep Hygiene Tips

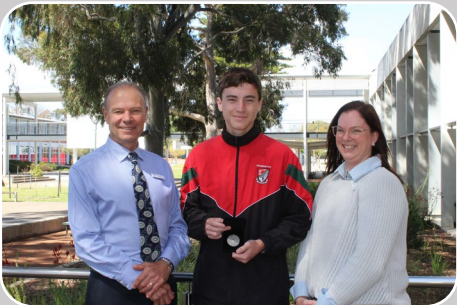
- Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off. This regular rhythm will make you feel better and will give your body something to work from.
- Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.
- Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolates, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work, on your laptop, play bills, and other things, your body will not learn this connection.

- No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- Bathtime.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "It's so early, I have only slept for 5 hours, this is terrible".
- Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock (see point 10) it is a good idea to only use it for two weeks to get an idea of what is going on and then perhaps two months down the track to see how you are progressing.
 - Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room.
- Keep daytime routine the same.** Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.

Social Media Highlights



Cheerleading Team 1st Place at Australian Gold State Showcase



**2022 WA State Champion
Aust History Competition**



**2022 Tim Winton Young Writers
Winner**



Year 12 Final Assembly

Visit our Facebook/Website to read about the achievements and events/activities held over the last couple of weeks.

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Community Notices

Girls Squash Program



This program is a great opportunity for high school aged girls to get involved in the awesome sport that is squash.

All abilities welcome.
Squash will not only be great for your fitness, agility and coordination but is great fun!



4pm-5pm Thursdays
6 weeks
\$60 per term

Term 4
Nov 3, 10, 17, 24
Dec 1, 8

Available for all girls
in years 7-12

For more information and enquiries:
president@bluegumsquash.org