



MAITLAND GROSSMANN HIGH SCHOOL NEWSLETTER

"Providing Quality Education in a Caring Learning Community"

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PRINCIPAL

As Term 1 draws to a close, I wish to pass on my thanks to all members of the school community who contributed to a successful term. As always, our dedicated staff did their utmost to deliver engaging learning experiences inside and outside our school setting.

I begin my article by including the recent information emailed to families, detailing changes to our staffing and day structure.

Our Principal, Dr Di Soltau was invited by the Department of Education (DoE) to participate in a review of Human Resource and Staffing within NSW public schools. This secondment involves Dr Di working in Sydney from the commencement of week 9 until the conclusion of Term 2 2019. There is a possibility this time may extend or retract. I will update our school community of any changes.

During Dr Di's secondment, I will be relieving as school Principal. My promotion into this position followed an expression of interest (EOI) process conducted by our Regional Director Educational Leadership. I am excited about this opportunity and look forward to working with the dedicated staff and students of our great school.

It is also timely that I inform our school community about some timetable changes, commencing Term 2. Due to lower than anticipated student numbers, we are required to make reductions in our staffing and timetable. Due to this requirement, one class will be collapsed in both Year 7 & 10. Our timetabling team has worked tirelessly to ensure minimum disruptions to classes and staffing. MGHS is also allocating substantial funds towards additional staffing to ensure our students continue to be well supported. All students will receive a new timetable on Thursday week 11 this term.

Following feedback from staff, students and our P&C, the following day structures have also changed. Thursday Period 7 for Year 11 and 12 are now normal classes. As such, both years have Thursday Period 1 as a 'late start' and are expected to be at school by the start of period 2 - 9:53am. Due to this arrangement, it is imperative that all Year 11 & 12 students sign-in to school upon arrival. Students arriving to school early may access the library senior study area or the senior area at the front of the school. The Friday period 7&8 structure for senior students will remain the same.

On to other news:

Teams of teachers have been busy finalising our School Strategic Directions for the next three years. I thank Nicole Crowe (Relieving Deputy Principal) for driving this process and finalising our planned directions. Actions stemming from this plan will be communicated to parents in future newsletters. An initial action from this plan was to analyse the 'Gifted and Talented Students' (GATS) policies and structures of MGHS. Term 2 will see the formation of a GATS committee, who will develop a whole school program for introduction in 2020, focusing on opportunities and pathways for identified GAT students.

April 2019

I thank all parents who attended our recent parent/teacher night. The partnerships formed between families and MGHS is of the utmost importance. Thank you for involving yourselves in the 'school life' of your children. I anticipate the feedback provided on this night will structure home conversations and enlighten parents about practical ideas to enhance their child's learning. My thanks also to our exceptional student prefects and SRC volunteers who acted as guides throughout the night.

At the conclusion of 2018, MGHS introduced a new Enrolment Policy. This policy is available on our website and is particularly relevant for any prospective families wishing to apply for enrolment (local or non-local zone enrolments). All applications will be reviewed by our Enrolment Committee, who will determine if an enrolment interview will proceed. A strict criterion will be applied to all non-local enrolment, due to our school being at capacity and the requirement to maintain a buffer zone for new local enrolment applications.

Finally, I wish to pass on my thanks to the dedicated teachers who delivered the following enriching experiences for our students over the past few weeks. The dolphin cruise, several sporting knockout teams, white card accreditation, culture strong workshops, Year 12 careers days (Seize the Day), the organisers of parent teacher night and several faculty-based excursions.

I hope you all enjoy the Easter holiday break. I look forward to working with you in Term 2.

Josh Gane
Principal (relieving)

REMINDER TO PARENTS

When parking/stopping outside the school please be mindful of the residents living in the area. Could you please ensure there is adequate room for residents to enter and exit their premises at all times during the day.

PHOTOS

Occasionally photographs are taken of individual students or classes at school. Please notify the school in writing if you do not want your student photographed.

CURRENT SPONSORS

WESTPAC BANK (Green Hills)

Take out a loan and mention Maitland Grossmann High School. The school will receive a monetary contribution from the Westpac Bank.

ATHLETE'S FOOT (Green Hills & Charlestown) Become a Club Fit Member and the school will receive a monetary contribution from Athlete's Foot.



April 2019

MGHS UNIFORM SHOP OPENING TIMES 2019

TUESDAY: 8.00am-12.00pm

THURSDAY: 12.00pm-4.00pm

CASH, EFTPOS, MASTERCARD and VISA ACCEPTED AT UNIFORM SHOP

ALSO AVAILABLE ONLINE SHOPPING

(THROUGH THE SCHOOL WEB SITE)

ATTENTION PARENTS/ CAREGIVERS

Maitland Grossmann High School
Has a
Web Page

www.mghs.com.au

The newsletter is available on the Website for all to access

If you require a printed copy of the newsletter posted out to your family, please fill in the form below and return to school A.S.A.P

Name..... Student.....

Postal Address.....

Phone.....



FACEBOOK PAGE

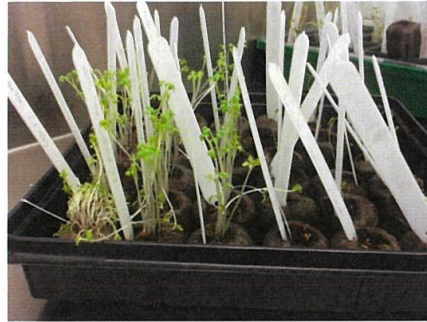
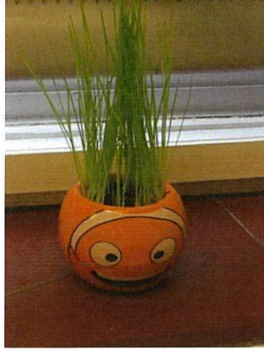


NEWSLETTER DATES 2019

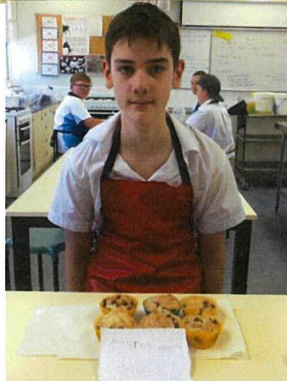
MAY 29TH JULY 3RD

AUGUST 21ST SEPTEMBER 25TH

NOVEMBER 13TH DECEMBER 18TH



Year 7 students have had great success working on the new **Agriculture/Food unit** from the Technology Mandatory Syllabus. They have grown herbs from seed and cuttings and have experimented with the optimum conditions needed for growth and plant survival. They have considered promoting positive environmental aspects such as recycling (reuse of damaged crockery as an indoor planter) and reusing "rubbish" such as vegetable off cuts. An example being avocado seeds and carrot tops to grow a new plant for free. The classes have also learnt how to transplant new seedlings to create a convenient herb planter for in the kitchen.



April 2019



Year 7 demonstrated many creative gourmet muffin products which included a plant based ingredient. Of course it was a big surprise that the majority chose a sweet version over a savoury product! They have shown good practical cooking skills in the kitchen and have become very conscious of the importance of food hygiene and safety. A great terms work for all students.



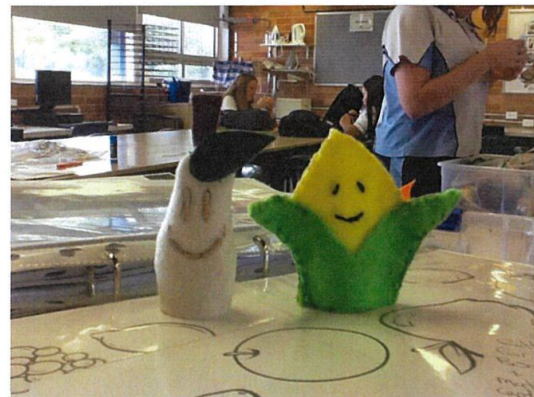
Year 9 Hospitality have redesigned a Cookie Pizza recipe to create their own product with great success.



Year 8 have completed their Party Design Brief and have worked well in the kitchen.



Year 12 Hospitality have developed quality skills cooking in the schools commercial kitchen at the gaol. They have worked together to cater for some meetings and have completed the Basic methods of cookery, sandwiches and salads unit.



Year 10 Child Studies have developed food model toys to promote healthy food relationships in toddlers and have produced a great range of toys and activities. Well done to all students for Term One's work.



Miss Cronk's **Year 8 Technology Mandatory** held their end of term party assessment task. Excellent work all!

Art in the Support unit



Visual Arts in the Support Unit

Currently students are working on a project based on the book "Where The Wild Things Are" by Maurice Sendak. This incorporates a range of media and techniques including lino printing, stencilling, collage, paint and ink application. This portfolio of work will culminate in the creation of a monster of their own design. Watch this space!



MGHS Art Competition

Voice, Treaty, Truth – Naidoc 2019



Create your own artwork based on the role of women in Aboriginal communities **Voice, Treaty, Truth** to be made into a banner for Maitland Grossmann High School.

Submit completed works to the Visual Arts Staffroom by **Wednesday 10th May**.



EXAMPLE

This artwork is a banner on display in Redfern, Sydney.

Your artwork can be created using any materials and relate to any ideas connecting to Aboriginal Australia.

CONSIDER using

Paint, Drawing, Collage, Photographic and Digital Media.

April 2019

Frogs in our Garden – Sculpture Activity

As part of our indigenous garden, we are working with interested students to create ceramic sculptures for our garden. Monday lunchtimes have been set aside for students to develop their skills with clay and work on their own sculptures.



Visual Arts

Moran Photography Prize

Congratulations are in order for Floyd Mallon of Year 12 Visual Arts and Ava Budden Year 7 Visual Arts for making the finals of the Moran Student Photography Prize. Their work will be exhibited along with 25 other finalists' photographs at Juniper Hall in Sydney in May. Winners stand to win significant prizes for themselves and the school, so we wish them good luck! Floyd has also made the finals of the ANZANG young wildlife photographer of the year competition for the second year in a row. We wish Floyd and Ava all the best for this competition as well. Link to their works at <https://www.moranprizes.com.au/student-gallery>



Floyd



Ava

Music

In the April school holidays the Hunter Regional Music ensembles, **Hunter Singers** and the **Hunter Wind Ensemble**, will be touring Central Australia.

We have five students from MGHS participating in these exciting events and we wish them good luck for their performances- Emily Tenorio, Bryson Tenorio, Eliza Davis, Charlotte Gordon and Isobel Gordon.

Richard Fletcher HT CAPA

JUNIOR CAREERS

Career Lessons -Year 10

It has been an exciting time for junior students in Careers at Maitland Grossmann, for the month of March. Our Year 10 students have had exposure to career lessons that will cover work readiness and job investigation. These interactive lessons have been a success in allowing our students to consider vocational and work experience options for the busy year ahead.

Work Experience is just around the corner and many Year 10 students are looking forward to experiencing the world of 'work' for a week. There are three scheduled weeks dedicated to Work Experience in 2019 and students are encouraged to discuss these dates with possible host employers and the Junior Careers Adviser, Mr Harris, who can be located in the TAS staff room.

Dates for Work Experience for 2019

Term 2:

17-21 June (week 8)

Term 3

09-13 September (week 8)

Term 4:

25-29 November (week 7)

White Card Construction Induction Course

Our Entertainment/Construction students and our students wishing to participate in work experience in the industries of construction and building have had the opportunity to participate in the White Card Construction Induction Course. This course developed an abundance of interest in 2019 with 70 students registered and completing this Workplace Health and Safety Training. Congratulations to all students involved and many thanks to the WorkCover accredited trainer Paul Appel for delivering the course.

This March was **Career Quest**, an interactive one day program designed to assist Year 10 students develop an understanding of a range of career/transition Pathway opportunities, such as:

- **Different career opportunities available in different industries**
- **Appropriate presentation, communication and attitude in the workplace**
- **Alternative training pathways available**
- **Job interviews skills**
- **Training and further education options to achieve qualifications**
- **Qualities employers look for in potential employees**
- **Barriers faced gaining employment**
- **Success in employment**

April 2019

Students were asked to participate in a 'hands on way', in interactive sessions throughout the day and were supported by their Group Leaders who are drawn from a variety of local Industries. Each group developed a jigsaw of their learning and students got to take away a range of helpful resources. Congratulations to all of Year 10 for your enthusiastic approach to this program.

SENIOR CAREERS

Another month gone with loads of opportunity for students in careers. Week 7 of term one saw Year 11 participate in **Money Talks**, which is a rotational presentation by numerous financial institutions. The presenters gave our students valuable information to support them as they navigate their final years at school and verge into paid work. Run by Rotary, who each year take the time to coordinate with business to support our students. Pictured is our much respected past School captain Zac Bayliss who is now giving back to the school he left only a few years ago.



Week 10 saw Year 11 students participate in **Seize the Day**. This program was run mid-way through Term 4 last year, for Year 12, with great success and after reading evaluations from the students, it was clear we needed to move this event forward to support our new Year 11 students with strategies for study, memory and post school options. The day finished off with key note speaker Luke Kennedy speaking to students on how to manage the stress of senior school and keep their lives balanced.

Week 11 has seen several Year 12 students and myself hit the road **to Charles Sturt University at Port Macquarie**. This was a timely event as the UAC applications are now open so students need to be gathering information to support them in their decision making process.



Looking ahead towards Term 2 students will be given the opportunity to participate in **the PCYC Driver Safety Program** that will be run at the school on Friday 10/5/19, from recess till the end of day. The price is \$140 and contains 2 modules. Module One being a three hour facilitated discussion on 'how to manage risks on the road'. Module Two offers students a two hour driving/coaching session to develop low risk strategies. Numbers are limited so students need to be prompt with the return of paperwork.

On the 16/5/19 Maitland Grossmann High School will be hosting a **UAC evening**. This presentation will be great for parents so they gain an understanding of what truly goes on with university applications. This is a great opportunity and all Year 12 students and their parents from the area are invited. Doors will open at 5.30pm for a 6pm start. The presentation should conclude about 7.30pm.

April 2019

Using Your Brains Full Potential

I recently spoke to all of Year 12 about how they can ensure that they can tap into all areas of their brain to ensure they are looking after their whole body and brain. Students should be aware of what are their learning strengths and weaknesses and be able to use their brain to be more successful. It's important for parents to have this conversation with their children about what they enjoy and what they are good at and therefore how they can achieve success.

Louise Pratt – School Counsellor/Registered Psychologist

Andrew Fuller: How Students can use their Learning Strengths

Leading clinical psychologist Andrew Fuller has developed a new approach to identify a student's learning strengths.

By Andrew Fuller

The 300 trillion connections between your brain cells have an amazing amount of processing power. The way your brain processes information is as unique to you as your fingerprints.

All of your life experiences, thoughts, memories, your ancestry and a considerable amount of your future is in the connections inside your head.

The brain cells called neurons don't just live in your head. You have about as many neurons in your stomach as a cat does in its head.

Good News: You're Smarter

There is evidence that people are getting smarter. This is partly due to all of the different types of stimulation your brain gets every day compared with your distant ancestors.

Now add to that all of the things you use to increase your brain power – smart phones, YouTube clips, TED Talks, books, computers – and you have an increase in human potential that has never been seen before.

Using your Brain to Help you be more Successful

Success involves working out what you enjoy and are good at and doing more of it. As well as working out what you are not so good at and doing less of it.

Success involves finding the intersection as shown here, starting with knowing your learning strengths. This is based on how your brain functions.





Hacks for Smarter Thinking

Neuroplasticity is your brain's ability to change. When we practise in areas we aren't developed in, we improve. Even just a few minutes practice a day for 30 days changes your brain.

Identify your Learning Strengths

By identifying your learning strengths you can capitalise on areas where you are strong and build these into powerful areas of expertise. Always remember, in life you don't need to be good at everything.

Building your Strengths

Learning how to play to your strengths is a major advantage in life. For example, if you are someone who thinks well in pictures (spatial reasoning) you will do best when you write or draw things out. Using flow charts, maps, diagrams, post-it notes and cartoons will help you succeed.

Using your Strengths to Develop Another Area

Let's say you are someone who has learning strengths in spatial reasoning and also in perceptual/motor skills. Let's also say for example, an area you are yet to develop in is number smarts.

Learning to use your strength areas to build another requires cross fertilisation of skills. In this example, you might outline number formulas as a series of pictures or movements or you might want to make calculations physical by stepping through a problem or pacing out the dimensions of an issue or imagining the mathematics problem as a series of pictures each needing to be solved.

April 2019

Turn Anxiety into Action

Everyone gets anxious when something is difficult to learn. Anxiety is a message to your body to mobilise for action. Stress really becomes a big problem when we become immobilised by it and don't do anything.

Learning how to use your learning strength areas to increase your performance takes some planning but the outcomes are large. The reduction in performance disabling anxiety is substantial.

Develop your own Individual Learning Plan

When students and parents know the learning strengths and areas yet to develop, they are better equipped to work with teachers to prioritise learning strategies over the next term or semester.

Don't be a Learning Zombie

Just one hour less sleep a night can almost halve your smarts. Add to that a lot of sugar and you'll zone out big time. Sure, the sugar high will feel great but the sugar crash will have you feeling like one of the 'walking dead'.

A free learning skills letter can be [accessed here](#), and a personalised learning plan is also available for a nominal fee.

NATIONAL CONSISTENT COLLECTION OF DATA 2019

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.education.gov.au/privacy-policy\)](#).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](#).

If you have any questions about the NCCD, please contact the school.

SPORT

Maitland Grossmann has begun the year with an enormous range of sporting teams and competitions for our students to participate in, displaying the vast array of talent that is produced in the school.

Sport this year kicked off with a picturesque day at East Maitland Swimming Pool, where around 400 students attended, what was, a fantastic display of house and school spirit. Our competitors' carnival was run at the beginning of the day and saw 21 students from MGHS progress through to the Zone Carnival. A big congratulations to Sophie Sorensen, Gabrielle Wilson, Reece Jankovic and Josh Lorenz who were selected as age champions for the Coalfields Zone. From this carnival, Reece Jankovic, Macayla Sandy, Sophie Sorensen, and Myles Thomas progressed to the Hunter Region Carnival. Reece should be commended for his selection in the Hunter Team that competed at Sydney Olympic Park.

An array of Grossmann CHS teams have participated throughout the early stages of Hunter Region competitions against their respective opponents. MGHS has enjoyed competitive teams in both the boys and girls competitions, competing in Rugby League, AFL, Basketball, Touch Football, Netball, Soccer and Cricket. Many of these teams will be continuing their progress throughout Term 2.

CHS Representatives

MGHS has delivered athletes from a range of sports to represent Hunter Region at high-level competitions around NSW. A big congratulations to the following CHS Hunter Representatives:

Thomas Forbes - Open Hockey
William Fort - Open Cricket
Lexy Holz - Open Netball
Oliver Latter - AFL + U15 Touch Football
Josh Magann - Open Hockey
Thomas Magann - Open Hockey
Josie Morley - Open Soccer
Stella Nichols - U15 Touch Football
Mila Wawszkovic - Open Basketball

Also, a big congratulations should be passed on to Teagan Douglas and Josie Morley, who recently represented the Young Matildas Australian Football Team. That completed their qualification to next year's World Cup. A huge achievement for these girls and an experience I'm sure they will never forget.

Integrated Sport

Integrated sports has been implemented this term at MGHS, with opportunities for Stage 5 students to participate in external sports. A rotational model has been implemented for all classes who remain at school. The current implementation of the integrated sport model is under review and feedback has been taken on board to further enhance the learning opportunities for students moving into Semester 2.

A reminder that sports fees and are required to be paid ASAP. Any student still requiring notes to attend external sport, please return to the PE staffroom as this current sports rotation will continue moving into the new term.

Athletics Carnival

Save the date – Week 2, Thursday the 9th of May 2019.

Due to renovations occurring at Smyth Field, the annual MGHS athletics carnival will be held at Metford Recreational Reserve on the above date. Students will receive their information/bus permission notes on their first day back at school in Term 2. That will mean a short turn around for those students requiring bus transport to and from Metford Recreational Reserve. Please be prompt in returning these notes.

Reminder – Representative / Hunter Region team trials

There has been a change in procedure for Hunter Region trials. Students are now required to submit a "nomination form" prior to the trial, as well as, a signed "consent form" which MUST be in the hands of the convenor on the day of the trial or earlier. To access this information please google Hunter School Sports Association and navigate to the 'applications and forms' section. Best access is by refining on the CHS calendar to HUN.region then navigating for the particular sport. Any further inquiries can be directed to Mr Edgton.

Blaise Edgton
Sports Organiser

Congratulations to our 14 Boys Cricket Team for their participation in the Regional All Schools Cricket Carnival.



NSW ALL SCHOOLS CRICKET CHAMPIONSHIPS
Raby Sporting Complex, 2019

NSW Combined High Schools 1sts

Back Row: Timothy Laws (Coach, Endeavour Sports High School), Josh Baraba (Westfields Sports High School), Oliver Cronin (Mullumbimby High School), Hunar Verma (Sydney Boys High School), Will Fort (Maitland Grossman High School), Matthew Drinnan (Northmead High School), Jeremy Hoors (Manager, The Jamnali High School)

Front Row: Arvin Niranjan (Sydney Boys High School), Brock Larence (Dubbo South High School), Ethan Jamieson (Westfields Sports High School), Josh Hoors (c, Kirrawee High School), Corey Miller (Asquith Boys High School), Nivethan Radhakrishnan (Homebush Boys High School), Dhruv Kant (Penrith High School)

www.gbpphotography.com.au

Congratulations to Year 12 student Will Fort who participated in the winning NSW Combined High School Cricket Team. They won the NSW All Schools competition. Will has now been selected for higher honours in the All Schools NSW Team.

HAVE YOU FORGOTTEN TO NOTIFY THE SCHOOL ABOUT CHANGES TO YOUR INFORMATION?

- New mobile number - New home phone number - New work phone number
- Emergency contact person or number - Your name change - New carer (step-parent)
- Medical updates (Allergies, medications, injury risks)

Is there something we need to remove from our records such as an old home or mobile phone number or contact person? Some changes such as a new surname will require legal documents to be provided to the school before the change can be made.

We need to keep in touch with you for your child's education, comfort and safety.

Please contact the school by phone 49 342 066, fax 49 345 086,
email maitgross-h.school@det.nsw.edu.au, or drop into the front office.

CHANGE OF DETAILS SLIP

STUDENT NAME.....YEAR.....

NEW ADDRESS.....P/C.....

MUM

NEW HOME PHONE.....NEW MOBILE NUMBER.....

NEW WORK NUMBER.....

DAD

NEW HOME PHONE.....NEW MOBILE NUMBER.....

NEW WORK NUMBER.....

NEW CARER INFORMATION

CARERS NAME.....

RELATIONSHIP TO STUDENT.....

HOME PHONE NUMBER.....MOBILE PHONE NUMBER.....

NEW EMERGENCY CONTACTS

NAME.....

RELATIONSHIP TO STUDENT.....

HOME PHONE NUMBER.....MOBILE PHONE NUMBER.....


NEW MEDICAL DETAILS

.....
.....
.....

Sleep




Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

<p>People aged 14-17 need between</p>  <p>8-10 hours each night</p>	<p>People aged 18-25 need between</p>  <p>7-9 hours each night</p>
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Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:

<p>14% </p> <p>increase in risk of unpleasant emotions or feelings that affect day to day function</p>	<p>38% </p> <p>increase in the chance of feeling sad and hopeless</p>
<p>42% </p> <p>increase in the chance of having thoughts of suicide</p>	<p>58% </p> <p>increase in the chance of suicidal behaviour</p>

23% 

increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

Biological factors: such as puberty or changes in your body clock

Environmental factors: such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs



Sleep

Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:


- Aim to get to bed and wake up around the same time each day, including on the weekend.** This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

- It's best to try and keep your bed for sleep and sex.** Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.
- Your bedroom should be dark, cool (around 16-18°C) and quiet.**
- Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.
- Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.
- Avoid smoking before bed.** Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

Sleep medications are not usually required to help with sleep problems. While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.




For more information about sleep, go to

www.sleephealthfoundation.org.au

www.reachout.com

Getting help

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting **headspace** or get in touch with your GP.



For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

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