Welcome back to another busy and exciting term!
This term students will be busy with assessment tasks and assessments ready for their mid-year reports. Best of luck for all our Year 3 and Year 5 students, as they will sit the NAPLAN test in Week 3 of this term. The UNSW computer, science, writing and spelling tests will be this term as well.
Also a big welcome to the many student teachers we have with us this term, I know they will enjoy their time at BPS. Thank you to Danielle Schacht, who was with us last term from AGHS for her work experience, she was a definite asset to our school during her week here.

Staff Development Day
Our staff attended a very interesting professional learning day on Monday, 28th April. We spent the day working on the new English curriculum; looking at visual literacy. We also worked on our new reporting format in conjunction with the new curriculum. As this is a reporting term it is very important to adjust our reports to reflect the new terminology and content. This report is being ‘produced’ jointly, by our five ‘community of schools’ – Berowra, Mt Kuring-gai, Wideview, Cowan and Brooklyn.

Opportunity Classes for 2014
Applications for Opportunity Classes for year 5 in 2015 were available online from Monday 28th April. ‘Intention to apply’ letters were sent home last week with all year 4 children. The bottom half of the letter contains a tear-off slip. Parents making an application for Opportunity Class (OC) placement must send the tear-off slip back to school indicating their intention to apply and stating whether the application will be online or on a printed application form. Applications close on Friday, 23rd May and late applications will not be accepted.

2015 Kindergarten Information Sessions
If you know of any parent who is considering sending their child next year to Berowra Public School (Kindergarten), please let them know that we are running Kindergarten Information Sessions on Monday, 12th May at 7pm in the KRed classroom and on Thursday, 22nd May at 10am in the KRed classroom. Flyers have been sent to all local pre-schools and day care centres.

Hat Parade
The children out did themselves again this year with their amazing headwear creations. It again was great to see 100% participation from all students Kindergarten to Year 6. The atmosphere was of total enthusiasm and enjoyment. The children enjoyed parading their hats, the ‘antics’ of the Easter Bunny and the wonderful tunes from the bands. Many thanks to Mr Wright, Mrs Layson, Mrs Pickering and Mrs Smith for their organisation of the event. Thank you to Mrs Gillard and the bands for their entertainment and thank you to the canteen for the scrumptious morning tea. A special thank you to Mrs Woodward (grandmother of Nicole J, 1A), who made amazing Easter biscuits. The money raised from the sale of these biscuits was donated to our Student Parliament. Thanks also to Leo Henry for his kind donation of Easter Eggs for all the children. A fantastic event all round!

Kiss and Drop Zone
Please do not PARK in the ‘Kiss and Drop Zone’. I have had many conversations with different parents who are concerned some parents are ‘parking’ in this zone. You are given a maximum time of TWO minutes to stay in that zone. During this time you are not allowed to leave your vehicle unattended. It is only for dropping off and collecting your school children. Please abide by these rules to ensure all children are kept safe around our school.

Di Bower
Principal
PERFORMING ARTS NEWS - Dance - On Monday 5th May the dance groups auditioned for the Sydney North Dance Festival. We are hopeful that both groups will be selected.

Last term many of our students attended dance workshops at Sydney Dance Company. Grace has written a short recount of her day at the Year 4 workshop.

On Wednesday 2nd April, Aleisha and I went to the Sydney Dance Company studios for the dance workshop. We were both in the lime group. First we did a Zumba warm up which is a traditional dance of Argentina, a mix between music and dance. We split into our groups and worked on our turns, leaps and high kicks. After a break we worked on movement and body shapes. We did our version of walking down the yellow brick road with Dorothy, Tinman, Scarecrow, Toto and the cowardly lion. Then we were the toys from Toy Story. We ended the day with choreography. One group danced to Let it Go from Frozen, we danced to Dreaming in the Park. We got certificates and we went home. It was a great day.

Written by Grace B

At the end of last term 5W, 5K, 6B and 2C performed the dances they had been learning in dance lessons throughout the term. Their performances were amazing.

This term 5/6J, 3P and 2R will be learning dance with Mrs Lukic.

Band - Welcome back to term 2!
Great to see everyone back for more fantastic music.
Please return registration forms as soon as possible, if you have not already done so.
Please remember band rehearsal starts promptly at 8:00am!
Any questions or queries? Contact Amanda Gillard 9456 2908 bpsband@hotmail.com or through the school office.

SPORT - Congratulations to the Soccer and Netball PSSA teams for their outstanding results last Friday. Against Hornsby South our junior boys soccer team won 6-0, senior boys team 4-0, junior netball team 9-0 and senior netball team 18-12. The Berowra girls soccer team beat Wideview Public School 3-2. Well done to all of those students involved.

ACTIVE KIDS ARE HEALTHY KIDS
A Challenge to All Australian Primary Schools
The annual National Walk Safely to School day (WSTSD) - when all primary school children are encouraged to walk and commute safely to school—will be held throughout Australia on Friday 23 May 2014.
Take the Challenge and download it at walk.com.au

Objectives
- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the health benefits of walking and help create regular walking habits at an early age.
- To ensure that children up to 10 years old hold an adult’s hand when crossing the road.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.
- To reduce the car dependency habits that are being created at an early age and which will be difficult to change as children become adults.
- To promote the use of public transport.
- To reduce the level of air pollution created by motor vehicles.
- To reduce the level of traffic congestion.
P & C NEWS - It’s Entertainment Book Fundraising time again! Once again the P&C are fundraising with the 2014/2015 Entertainment Book and this year, to celebrate their 20th anniversary, you can purchase the traditional book or a digital membership for your smartphone. You can look at the wonderful vouchers and savings before making the purchase, to know that it really is a worthwhile investment for you and your family. A book has been sent home with each family so you can purchase the book as outlined on the information sheet inside or return it to school if you do not want to purchase. Please return books promptly.

CANTEEN - Reminder that the canteen will have NO LUNCH ORDERS on Thursday 8th May at the Cross Country Carnival. The pre-ordered sausage sizzle is the only lunch order available. The canteen will also be open for over-the-counter food and tea and coffee will be available for parents.

Canteen Roster
Wed 7/5  D Allen, P Smith  14/5  L Plumridge
Thurs 8/5  K Carter, C Stone  15/4  C Chu, F Minto
Fri 9/5  B Faught, C Jones  16/5  M Charlton, Pearce, R Stevens

COMMUNITY NEWS - Mothers Day is fast approaching! Bunnings Thornleigh will be hosting a FREE Mothers Day Family Night on Thursday 8th May from 6pm-8pm. Activities include kids make a gift for mum, ladies make a recipe book holder or book ends, free mini hand massage for the ladies, magic shoe for the kids, pizza demonstration and tastings, various DIY demonstrations, games, prizes and more.

Would you like to host an overseas exchange student? Learn about another culture, learn a new language or perhaps improve your culinary skills? Student Exchange is looking for host families across Australia to welcome overseas students into their home. Visit www.studentexchange.org.au/host-a-student or call 1300 135 331 for more information.

MONEY COLLECTION DAYS
Please note that money collection days at Berowra Public School are Tuesdays and Thursdays only.

For security of payments it would be appreciated if money only be sent to school on these days in a signed payment envelope.

We have only two days a week allocated to receipt money so please remind your child to give it to their teacher in the morning as receipting and banking are completed during the day. Correct money is appreciated as the office is unable to hold change.

Please do not hand payments in after school. Handing money into the office may result in confusion and your child’s name not being marked off as paid for sport, excursions and activities.

Any payments for the choir, drama, interschool sport or extra curricular activities as well as P&C or Support Group fundraisers can also be handed to the class teacher.

Thank you for your cooperation.

Diary Dates

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<tr>
<th>May</th>
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<tr>
<td>Thurs 8</td>
<td>BPS Cross Country Carnival</td>
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<td>Fri 9</td>
<td>Last day for Stewart House envelopes</td>
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<td>Mon 12</td>
<td>Kindy 2015 Information Session 7pm</td>
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<td>13-15</td>
<td>NAPLAN testing days</td>
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<td>Tues 20</td>
<td>UNSW Computer competition</td>
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<tr>
<td>Wed 21</td>
<td>P &amp; C meeting 7:30pm in staffroom</td>
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<tr>
<td>Thurs 22</td>
<td>Kindy 2015 Information Session 10am</td>
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<td>Mon 26</td>
<td>Zone Cross Country at Rofe Park</td>
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<td>Fri 30</td>
<td>Voices for Reconciliation at Hornsby</td>
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<td>June</td>
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<td>Wed 4</td>
<td>UNSW Science competition</td>
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<td>Mon 9</td>
<td>Queen’s birthday public holiday</td>
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<td>Thurs 12</td>
<td>Area Cross Country at Gosford</td>
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<td>Mon 16</td>
<td>UNSW Writing competition</td>
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<td>Tues 17</td>
<td>BPS Athletic Carnival UNSW Spelling competition</td>
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<td>Wed 18</td>
<td>P &amp; C meeting 7:30pm in staffroom</td>
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<td>Thurs 26</td>
<td>Opera House concert- recorders &amp; string</td>
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<td>Fri 27</td>
<td>Last day for term 2</td>
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<td>July</td>
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<td>Mon 14</td>
<td>Staff Development Day</td>
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<td>Tues 15</td>
<td>Students return for Term 3</td>
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<tr>
<td>Wed 23</td>
<td>OC testing for interested year 4</td>
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<td>28/7-1/8</td>
<td>Education Week</td>
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<td>Tues 29</td>
<td>BPS Open Day UNSW English competition</td>
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<td>Wed 30</td>
<td>Combined church service</td>
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<td>August</td>
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<td>Tues 12</td>
<td>UNSW Maths competition Choir Opera House rehearsal</td>
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<td>September</td>
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<tr>
<td>Fri 19</td>
<td>Last day for term 3</td>
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</table>
Take home a big brother or big sister - Give your children the wonderful opportunity to have an international big brother or big sister by volunteering to host one of our exceptional international students arriving in Australia in July 2014 for their 3, 5, or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Spain and Colombia will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

MindQuest 2014
Glenwood High School
Cnr Forman Ave & Glenwood Park Dr
Glenwood 2768
Saturday 14 & Sunday 15 June
For Gifted & Talented Primary Students
Years 1-6
Entry forms available at BPS school office
Closing Date Friday 16th May 2014
SPECTRA CHALLENGE 2014

SPECTRA (Science Program Exciting Children Through Research Activities) are science based projects that focus on individual interests and skills. Students can select from a variety of activity projects which offer many different and creative opportunities to express their interests in science.

SPECTRA is divided into two age groups: Years 1 – 4 (Junior) and Years 4 – 6 (Senior). Year 4 students can decide which level topics they would like to study. Students complete activities related to their chosen topic at home and return their project to school to be marked. They work to complete enough activities to be awarded a nationally recognised badge or certificate.

The cost of entering the SPECTRA CHALLENGE is $9.00.

The following topics are being offered this year:

**Junior SPECTRA**
- Animals
- Clean and Green
- Fun with Chemistry
- Inventing and Designing
- Moving through Air
- Pets and Gardens
- Rocks, Soil and Sand
- The Sound of Science
- What is it made of?
- By the Sea
- Finding out about ourselves
- Indigenous Science
- Looking at Liquids
- Outdoor Science
- Plants
- Science on the Move
- Water Science
- What will the weather be like?

**Senior SPECTRA**
- Aeronautics
- Active Earth
- Animals
- Astronomy
- Biodiversity
- Chemistry
- Electricity
- Energy
- Entomology
- Home Chemistry
- Horticulture and Agriculture
- Indigenous Science
- Oceans
- Plants
- Polar Science
- Science and the Environment
- Sight, Light and Colour
- Sound Science
- Space Science
- Technology, Designing and Engineering
- The Human Body
- Tools, Toys and Machines
- Water
- Weather and Air

Samples of the topic cards can be viewed at the school office. They can also be viewed at [http://www.asta.edu.au/resources/spectra](http://www.asta.edu.au/resources/spectra)

To be involved in this exciting challenge, students need to hand in the signed permission slip on the attached, to their class teacher, together with payment of $9.00, no later than Thursday 19th June 2014

Di Bower
Principal
Choose the Entertainment™ Membership that suits you!

1. The Entertainment™ Book Membership

The Entertainment™ Book is a local restaurant and activity guide which provides hundreds of up to 50% off and 2-for-1 offers for the finest restaurants, cafés, attractions, airlines, retailers and hotel accommodation. The Book gives you exclusive offers that are virtually restriction-free, literally pages and pages of offers to enjoy all year long.

2. The new Entertainment™ Digital Membership

The brand new Entertainment™ Digital Membership puts the value of the Entertainment™ Book into your Apple or Android smartphone. With ‘nows’ technology and the ability to show and save using your phone, this is perfect for the person on-the-go, with no Card or Voucher to present. Digital Membership is only available when purchased online.

We are excited to be offering parents the opportunity to purchase 2014|2015 Sydney Entertainment™ Memberships to help us raise funds for Berowra Public School.

This year you have a choice – to purchase the popular Entertainment™ Books or the brand new Entertainment™ Digital Membership, which puts the value of the Entertainment™ Book into your iPhone or Android smartphone!

The brand new 2014|2015 Entertainment Memberships feature many of the area’s best restaurants, cafés, hotel accommodation, attractions, and activities, and are packed with hundreds of up to 50% off and 2-for-1 offers, valued at over $20,000 that your family can enjoy until June, 2015!

The best part is that for only $70 you’ll be helping our fundraising, with $14 from every Membership sold contributing to Berowra Public School. Please let your family, friends, neighbours and work colleagues know we are fundraising, as the more we sell, the more funds we raise!

If you pre-order your Entertainment Book or Digital Membership before 5th April you can choose up to six Bonus Offers worth $200 that you can use straight away!

To purchase securely online or to order your Entertainment™ Digital Membership visit:

https://www.entertainmentbook.com.au/orderbooks/205g133

Scan this code to order your Membership
Class Awards

KB  Taj G, Cooper L, Isabel N, Locke T, Caleb F, Luke E, Brayden J, Noah V,

KP  Farrah P, Taylor W, Shane S, Nancy P

KR  Sam F, Hayden F, Spencer L

1A  Jacob B, Tyler G

1C  Harry B, Chloe C, Isabel A, Elisa D, Finn F, Scott T

1S  Kiara B, Gabriel F, Mia S, Kaiya H

2P  Liam C, Madeleine B, Daniel L, Brinlee S,

2R  Immy B, Mackenzie F, Caitlan F, Ella M, Liam N, Charlie L


5K  Michael C, Caitlyn R, Niamh D

5W  Lachlan O, Matthew L, Thomas M, Hayley T, Haidee W, James N, Amy H, Hayley S, Blake D

5/6J  Kyle L, Jessica L, Annabelle M, Chloe M, Sienna O, Zachary G

Honour Certificates
For Term 1


Patrick H, Monique W, Isabella A, Abbie C, Danielle P, Bronte L, Eden S, Anna O,

Mirabel J, Luka J, Caitlin C, Aleisha C, Eliza O, Miranda A, Jake E, Annika E,


Pennant Awards

Thomas M 5W, Luka J 4P, Layla W 4G  March


STEWART HOUSE DONATION DRIVE 2014

Families would have received a Stewart House Donation Drive envelope recently. You could win a $4,000 FAMILY HOLIDAY to the destination of your choice!

1. Write your name, address, telephone number & school.
2. Insert a donation of at least $2 into the envelope & seal it.
3. Return the envelope to your class teacher before Stewart House Day, Friday 9th May.

It’s that easy! The school will forward envelopes and payment onto Stewart House before the prize draw on 23rd May 2014. Your donation supports the 1,800 children who attend Stewart House each year from public schools across NSW & the ACT.

Good luck!
Disclaimer: Advertisements placed in THE CREST do not reflect an endorsement or otherwise by Berowra Public School of that product or service. Information in the advertisement is entirely the responsibility of the advertiser.
EXTENSIONS & NEW HOMES

HOME DESIGNS & PLANS FROM CONCEPT TO COMPLETION!

- Innovative, functional designs to suit your lifestyle and budget
- Experienced with your local council
- Increase the value of your home & improve your lifestyle

For a free consult call 9986 1311
improving your lifestyle

www.lifestylehomedesigns.com.au

COMpletely Free!

Go4Fun
“Health • Active • Happy • Kids”

It’s so wonderful to have my active, happy, motivated and confident 10 year old boy back.

-Cate Latham, Go4Fun parent

A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.

WHEN
Mondays
4.30pm-6.30pm
Starts 28th April

WHERE
Hornsby PCYC
Performing Arts Centre
22 Waitara Ave, Hornsby

REGISTER NOW
FREECALL 1800 780 900 OR GO4FUN.COM.AU

PCYC
Health Northern Sydney
Local Health District
Hornsby Shire Council

Art for Kidz in Berowra
Bachelor of Visual Arts - Diploma of Education

Fully qualified art teacher with over 20 years of Art experience
Approved working with children

BOOK NOW FOR TERM 2
AFTER SCHOOL ART CLASSES
Ages 5-12

Monday 4.00 - 5.15pm
Tuesday 4.00 - 5.15pm
Wednesday 4.00 - 5.15pm

School Holiday Workshop

- Paint a Plate Workshops $50.00 per class
- 5.30 - 11.30
- Tuesday 15th April - Thursday 22nd April

Price includes:
- 1 ceramic plate
- Ceramic paints & all the equipment included
- ALL Art Materials supplied
- Bisque & glaze firings
- 2hrs hours lesson with a qualified art teacher

* Creative Cupcakes on Canvas $40.00 per class
- Thursday 17th April - Thursday 24th April

Price includes:
- 1 canvas
- All paints & all the equipment included
- All Art Materials supplied
- 2hrs hours lesson with a qualified art teacher

BOOK NOW FOR TERM 2

TERM DATES
Term 1: Monday, 17th Feb to Friday, 4th April
(7 Week Course) $131.00

Term 2: Monday, 28th April to Friday, 27th June
(8 Week Course) $150.00

Term 3: Monday, 28th July to Friday, 19th Sept
(8 Week Course) $150.00

Term 4: Monday, 13th Oct to Friday, 5th Dec
(8 Week Course) $150.00

All Enquiries: Nicole Crouch
P.O. Box 316, Berowra Heights, 2082
Mobile: 0411 340 637
Email: artforkidz@kinet.net.au
Website: www.artforkidz.com.au
First Care First Aid and Goodstart Berowra Staff & Parents Presents:

First aid practice for kids

Would your kids know what to do if you became ill or had an accident and needed HELP? This practical information session shows them what to do in an emergency. Taught by a very experienced trainer with a childcare and paramedical background it's a must to learn: “it could mean the difference”.

Courses are run monthly on weekends at Goodstart Berowra. On request and by demand.

Age group 8-14yrs (must be accompanied by a responsible adult). Maximum kids in the session 10.

Cost $40 for a 3 hour session.

To organise a course please see Karen at Goodstart Berowra 94 56 54 93 or contact Kylie 0407 843 551

Please note: This is a non-certificate information and practical session only. If you are over 14yrs of age and would like to attend a certified course, please go to our website www.fcfa.com.au and put a request to us on our contact page.
<table>
<thead>
<tr>
<th>Term Two</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT SUN</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>28 April</td>
<td>29 April <strong>Students return</strong></td>
<td>30 April</td>
<td>1 May <strong>K6 Assembly</strong></td>
<td>2 May</td>
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<td>2</td>
<td>5 May</td>
<td>6 May <strong>SCHOOL PHOTOS Summer Uniform</strong></td>
<td>7 May Term Letters home</td>
<td>8 May <strong>Cross Country</strong></td>
<td>9 May</td>
<td>10 11 May</td>
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<tr>
<td>Dance Groups Reh Sun</td>
<td>3:30 Zone Netball Trials @ BPS</td>
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<td>3</td>
<td>12 May</td>
<td>13 May <strong>NAPLAN Sushi Day</strong></td>
<td>14 May <strong>NAPLAN</strong></td>
<td>15 May <strong>NAPLAN Student Parliament</strong></td>
<td>16 May</td>
<td>17 18 May</td>
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<td>7pm Kindergarten 2015 Information Evening</td>
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<td>4</td>
<td>19 May</td>
<td>20 May <strong>ICAS Comp 9:30am Canteen Meeting</strong></td>
<td>21 May P&amp;C Meeting 7:30pm</td>
<td>22 May <strong>K-2/3-6 Assembly 10am Kindergarten 2015 Information</strong></td>
<td>23 May</td>
<td>24 25 May</td>
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<td><strong>BOOSH Chocolate Drive</strong></td>
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<td>5</td>
<td>26 May</td>
<td>27 May <strong>Student Parliament Mufti</strong></td>
<td>28 May</td>
<td>29 May <strong>K6 Assembly</strong></td>
<td>30 May Children's Voices for Reconciliation Concert @ Hornsby</td>
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<td><strong>ZONE CC @ Rode Park</strong></td>
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<td>6</td>
<td>2 June</td>
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<td>4 June <strong>ICAS Science</strong></td>
<td>5 June <strong>Student Parliament</strong></td>
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<td>10 June <strong>9:30am Canteen Meeting</strong></td>
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<td>12 June <strong>K-2/3-6 Assembly</strong></td>
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<td><strong>QUEEN'S BIRTHDAY</strong></td>
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<td>8</td>
<td>16 June <strong>ICAS Writing</strong></td>
<td>17 June <strong>ICAS Spelling ATHLETICS CARNIVAL 9:30 Healthy foods cooking demonstration</strong></td>
<td>18 June P&amp;C Meeting 7:30pm</td>
<td>19 June</td>
<td>20 June</td>
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<td></td>
<td>Sydney North Dance Festival</td>
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<td>9</td>
<td>23 June <strong>REPORTS HOME</strong></td>
<td>24 June <strong>PRINCIPAL'S MORNING TEA</strong></td>
<td>25 June</td>
<td>26 June <strong>K6 Assembly Winning House BBQ 2:20pm Dance Assembly Festival of Instrumental Music - Recorders</strong></td>
<td>27 June</td>
<td>28 29 June</td>
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<td></td>
<td>Sydney North Dance Festival</td>
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<td>Hols</td>
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Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May, Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You’ve probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it.

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children’s thinking styles, how closely a child’s explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids.

The impact of a parent’s explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It’s better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It’s also worth remembering that many children don’t stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1. **Take your cues from your child:**
   If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.

2. **Focus on doing their best and trying hard:**
   Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results.

The only pressure on kids should be to try hard rather than to do well.

3. **Listen to any concerns they have:**
   If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognizing how kids feel.

4. **Give them some relaxation ideas:**
   Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5. **Help them retain their perspective:**
   One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practice.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it’s going on school camp, joining a new club or sitting a NAPLAN test.


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Positive Parent Involvement - you make a difference

Positive parent participation demonstrates to children that you value learning as well as their school.

Parental withdrawal from children’s education is a big problem these days as increasingly parents are worn out from working too hard or being involved in a variety of activities. By the time you get home from work or doing other activities you are spent.

But the message for parents is clear—become involved in as many aspects as practical in your child’s education. The involvement of parents helps break down the mystique about school that can exist for some children. Their chances of success are better when they see school as an extension of home rather than merely an institution for learning.

Positive parent participation demonstrates to children that you value learning as well as their school. Children copy many of their parents’ views so your positive attitude to school and learning is catching.

Many primary schools offer parents classroom jobs such as hearing kids read, taking small groups in elective activities and assisting children when writing stories.

Parent participation is much broader than helping out in the classroom. There is a range of simple ways to assist teachers to maximise the learning of your child. These include; hearing young learners read, helping with homework and making sure kids go off to school happy, healthy and with plenty of sleep.

Here are some more ideas to help you participate in your child’s education in positive ways:

✓ Find out what your school is trying to achieve for your child and show your support for its aims. Discover what sets your child’s school apart from others.

✓ Support a broad, balanced curriculum that offers children a variety of educational experiences rather than a program that focuses narrowly on the traditional 3 R’s.

✓ Direct constructive criticism through the correct channels such as your child’s teacher, the principal or the school’s governing body. Gossip or thoughtless criticism within the general community can easily tarnish a school’s reputation.

✓ Become an advocate for your child’s school and promote its positive features throughout the wider community. Encourage your child to take pride in their school through your example.

✓ Attend school activities such as open days, concerts, sports events and celebrations. Invite other members of the community along as well.

✓ Consult with your child’s teacher about practical ways that you can assist both at home and at school.

Positive parent participation in school and learning is a proven criterion for student success. One practical way to assist your child as a learner is to become actively involved in his or her school-life.

Published by Michael Grose
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School Banking

Don’t forget that Tuesday is School Banking day and students should bring in their weekly deposit to the canteen from 8.50am to 9.20am.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting our school and helping teach your child the benefits of saving regularly.