**COMING EVENTS**

<table>
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<th>Date</th>
<th>Event</th>
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<tr>
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<td>Mother’s Day Stall</td>
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<td>13—15 May</td>
<td>NAPLAN</td>
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**Keys to Success:** Persistence & Confidence

**From the Principal - Sharon McMorrow**

**ANZAC Day Thank you**

Last Thursday our whole school (Prep to Year 7) came together for our School ANZAC day ceremony. We were joined by an invited guest from the RSL and a number of parents. Our Student Leaders spoke beautifully throughout the ceremony and did a fantastic job at sharing the ANZAC story.

I was so very proud of our students with the way they engaged with this ceremony, their respectful and dignified behaviour throughout and their commitment to keeping the ANZAC spirit alive. We had all students (P-7) in attendance who did not make a sound throughout the entire ceremony. It was just inspiring.

The following day we were joined by a record number of students and families for the community street march.

Thank you to all of our children, staff and families for your commitment and support. It was very much appreciated.

**Please Support the P & C Spell-a-thon**

This year Sandy Strait State School has continued its school wide initiative of “Leaping into Learning” with an intensive focus on Reading, Vocabulary and Spelling. Our students and teachers have embraced this initiative and to highlight its importance we have linked the Spell-a-thon to our school wide focus.

Next Monday 12th May your child will receive an individual Spell-a-thon card which includes the list of words that your child will be practicing.

All of the key dates for sponsorship collection and testing are outlined on the front of the card. On the rear of the card are a list of incentive prizes across the year levels for students who achieve various sponsorship targets.

I would ask that you assist the P & C in this fundraising venture and support and encourage your child in their continued spelling development over the coming weeks.

All money raised by the P & C through the Spell-a-thon this year will be used to fund:

- Shade sails and permanent shade structures in our various school playgrounds so our children can enjoy the outdoors while being sun safe.
- A set of Sandy Strait State School team jerseys and bibs for children to wear as they participate in rugby, AFL and netball

If your child does not receive their Spell-a-thon Card next Monday, misplaces it or would like an additional card please contact the school office and we will be happy to organise one for you.
**NAPLAN Dates**
The National Literacy and Numeracy Testing Program (NAPLAN) for years 3, 5, 7 is scheduled for Tuesday 13th, Wednesday 14th and Thursday 15th May. Please be sure to read on for further information about NAPLAN in the Junior School and Senior School sections of the School Newsletter for tips and ideas to support your children.

**Education Week Celebrations Delayed Until Week 8**
We have a proud history at Sandy Strait of celebrating State Education Week through events such as Under 8’s Celebrations, Mini Minds Alive, band performances, visiting authors etc.

This year Education Week occurs in week 5 immediately following NAPLAN and also at the same time as Chappy Week and the commencement of the school reporting process.

To ensure that we have adequate time to devote to each of these important events, we have rescheduled our Education Week activities including Under 8’s and Mini Minds Alive later in the term (week 8 – the 9th to the 13th June). Please keep an eye out in future newsletters and on Facebook for information about these events.

**The Importance of Leap into Learning Goal Setting**
Every 5 weeks teachers meet with a member of the Leadership team (Principal, Deputy Principals or Head of Special Education- HOSES) to share data that has been collected and to discuss student progress towards their 5 weekly goals or targets. This process sits within the framework which we have entitled “Leaping into Learning”.

Every 5 weeks teachers will come off class for approximately an hour to work in partnership with their Leadership team member.

**Why 5 weekly targets?**
Students make progress in their learning each and every day. It is important to carefully monitor these little steps forward to ensure that our programs are tailored to the needs of our students. Often a concept has proven more difficult to grasp than expected and a teacher needs to reassess how he/she is going to plan future teaching experiences to ensure that children have truly understood the task. Hence the need for a cycle of ongoing data and “check in” points or targets. It is vital that the timeframe is short, hence the 5 weekly targets.

I am very proud of the work our teachers continue to produce as part of this school wide focus. To have the opportunity to sit and work with our teachers and share the improvements and gains made by our students every 5 weeks is very rewarding and a real privilege. We are very lucky at Sandy Strait to have such a hard working and dedicated teaching team who are focussed on ensuring that all of our students are making leaps in their learning each and every day.

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**THANK YOU TO COCKRAM CONSTRUCTION**
Recently, some of the staff of Cockram Construction, (the contractors building St. Stephen’s Hospital in Hervey Bay) helped our school by providing the labour to install 6 seats around the oval.

The school provided the materials and as you can see from the photo, the ground was very hard and equipment was needed to dig the holes for the seats.

Our thanks go to Cockram Construction for their assistance with this project in giving back to the community, and to our School’s officer Redge for organizing the materials and liaising with the company.

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**POSITION VACANT**
Sandy Strait School is seeking applications for possible Teacher Aide positions. The hours attached to these positions may be casual, temporary, or relief and you may be working in any area of the school (eg. Prep to Senior Primary classrooms, Special Education students etc.).

**Requirements for the position/s:**
- Competent level of literacy and numeracy skills
- Ability to work under the direction of school staff
- Awareness and willingness to comply with Confidentiality Policy
- Current Working With Children Blue Card or ability to acquire one
- Current first aid certificate or ability to acquire one if necessary
- Ability to work with high level needs special education students if necessary

A copy of the Role Description Teacher Aide (Generic) is available from the office counter. In the section “How you will be assessed” on page 3 there are 5 headings. Please write your application using those headings and detailing your capabilities that refer to each heading.

Also please submit a work history and the name and contact details of 2 referees.

Applications will close on Monday 26 May 2014 by 3.00 pm. Please put application in sealed envelope marked Teacher Aide Position—Confidential and hand or post to the school office.

Further information may be obtained by contacting the Business Services Manager, Charla Wood on 41970333.
When performance suffers because of test anxiety it can be easy to replace it with positive ones. Consider how rational your thoughts are and whether there are better things you could say to yourself. Thoughts such as, "I should have studied more", "I must be stupid", and "I have to do well, everything is on the line" are not helpful. Tell yourself, "This test", "I am smart enough to do well", and "Even if I don't do well, it's not the end of the world". Even if you did not feel nervous at all, you might not be motivated to do your best. It is only when anxiety becomes unmanageable that it is a problem.

1. Prepare Well
The first step to overcoming test anxiety is to make sure that you are adequately prepared. Find out what you can about the test or exam in advance such as the types of questions and length, so you are adequately prepared. Plan a reward for yourself after the test. Take some time to relax and clear your mind. Do not dwell on mistakes you may have made or worry about how you did. Whenever possible, give yourself a break before starting to study for another test.

2. Watch Self-Talk
When performance suffers because of test anxiety it can be easy to fall into a downward spiral of negative thinking. It is important to watch what you say to yourself and replace any negative thoughts with positive ones. Consider how rational your thoughts are and whether there are better things you could say to yourself. Thoughts such as, "I should have studied more", "I must be stupid", and "I have to do well, everything is on the line" are not helpful. Tell yourself, "This test", "I am smart enough to do well", and "Even if I don't do well, it’s not the end of the world".

3. Visualize Success
Elite athletes visualize themselves being successful in competition. You can do the same to overcome test anxiety. While studying, imagine yourself feeling confident and clearheaded in the exam. Visualizing yourself doing well on the test can help you to make it happen in real life.

4. Relaxation Strategies
Make use of relaxation strategies such as deep breathing, progressive muscle relaxation (PMR), and guided imagery. Use these strategies in the weeks leading up to a test, and during the testing situation as needed.

5. Stay Healthy
When faced with multiple tests or exams you might start to neglect your physical health. Don’t fall into this trap! Regular exercise, adequate sleep, and good nutrition are all important components of a lifestyle that will keep stress at a minimum. The day of a test, be sure to eat an adequate breakfast and avoid caffeine as it will only contribute to anxiety.

6. Arrive Early
Nothing will heighten anxiety like the feeling of rushing to get to a test. Arrive at least 10 minutes early. If waiting for the test to begin makes you nervous, bring a magazine or something along to keep your mind occupied. Avoid people who are anxious before a test and do not second guess what you know.

7. Focus During the Test
During the test, do everything you can to maintain focus. If you find yourself becoming anxious, stop and regroup. Sharpen your pencil, ask a question, or focus on taking deep breaths. Remember to take your time but check your watch to pace yourself. Before starting the test, do a quick review and read directions twice. Start with the easiest questions first.

8. Accept a Little Anxiety
Recognize that a little bit of anxiety before a test is a good thing. If you did not feel nervous at all, you might not be motivated to do your best. Regular exercise, adequate sleep, and good nutrition are all important components of a lifestyle that will keep stress at a minimum. The day of a test, be sure to eat an adequate breakfast and avoid caffeine as it will only contribute to anxiety.

9. Expect Setbacks
If you have a bad experience, realize that there will always be roadblocks along the way. Plan for a better experience next time and know that one bad test result does not mean that you can’t improve in the future.

10. Reward Yourself
Plan a reward for yourself after the test. Take some time to relax and clear your mind. Do not dwell on mistakes you may have made or worry about how you did. Whenever possible, give yourself a break before starting to study for another test.

Good luck

Pancake Day
We will be holding a Pancake Day 20 & 21 May to support Chappy Week. Prep—Year 3 will be held on Tuesday 20 May at Big Lunch and Year 4—7 on Wednesday 21 May at Big Lunch. On offer are 2 pancakes with butter, maple syrup or jam for $3.00 a serve.

All orders must be returned by 13 May—sorry no late orders can be accepted after this date.

Spin Cycle Challenge
The Hervey Bay Spin Cycle Challenge is an exciting 30 min stationary bike challenge that will be held at the PCYC Friday 16 May. Students will participate in teams of 5 riders (including 1 adult). Chappy Trina is co-ordinating this event to which students have expressed their interest in attending with parental permission given. All money raised from this event will go towards resources to help the chaplaincy program in our school.

Zone Cross Country
Mr Baldwin and students from Years 3—7 participated in the Zone Cross Country on Tuesday held at Fraser Coast Anglican College. All students participated to the best of their ability.
Prep
Mother’s day is a lovely excuse for our students to practise their pampering skills. This Friday our Prep students will be offering their mothers, grandmother’s, aunts or mother’s friends a pampering session unlike any they will have experienced before. Mothers will be able to relax and have their nails polished, shoulders and neck massaged and their hair coiffured. This will be followed with an afternoon tea to celebrate the joy of being a mother. Please come along and enjoy having the students provide a relaxing thankyou for all you do as a mother.

Leap into Learning: Our students are working in English to be able to give a retell about a familiar story with a focus on naming the characters, main events and sequencing the story in the correct order. Many of the preppies have shown huge leaps in their learning as they have put together their alphabet knowledge with their writing knowledge and sentence knowledge.

In maths they are continuing to develop their number sense through counting numbers, comparing numbers and adding numbers.

Year One
This Thursday our year one students who have returned their permission note will start having their eyes tested through the vision screening process. This is a free service offered by Richard Watt optometrist.

Leap into Learning: In English students have been learning about features of character descriptions and have created a character description of a familiar character as well as providing an illustration. Students need to use correct punctuation and choose interesting words especially adjectives when writing their descriptions.

In maths our year one students have been working on patterning and linking this to counting patterns. They have been exploring place value and quantity of number and are beginning to explore addition and subtraction problems. Students will be studying the fraction of a ½ as well as learning about time on both digital and analogue clocks.

Year Two
Last week our year two students had a visit from a number of council officers who spoke to them about littering in the environment. Teachers were presented with a copy of a great story put together by Fraser Coast Regional Council’s Corporate Communications Team titled ‘Jack and Lizzy: Fishing Tales.’ The production of the book is a partnership between Council, Fraser Coast Waste and McTaggarts the Printers and focuses on litter prevention across the Fraser Coast region and has been written for children aged 5 to 7 years.

As well as educating our year two students about our local environment each class was provided with a fishing line bin made from polypipe to decorate. Students will work on the designs for these bins over the next couple of weeks. These bins will be installed at boat ramps and fishing locations across the region to prevent old fishing tackle and fishing line from ending up in our water ways.

Leap into Learning: In English students have been working on some very amusing recounts of familiar stories where they needed to change the character description to challenge the original stereotyping of the character. This is an opportunity for students to change the ‘baddies’ into ‘goodies’ and vice-versa which allows for some very creative descriptive writing.

In maths our year two students are exploring shape and learning how to identify and name some familiar three-dimensional objects as well as describing the features of these objects. Students will continue with their learning on place value and will begin to pattern and count in 3’s, as well as other counting patterns.

Year 3
Next week our year three students will sit the NAPLAN tests in reading, writing (spelling, grammar) and Numeracy for the first time. Teachers have been preparing them for the multiple choice type questions of NAPLAN, the writing task, the reading and comprehension type questions and the problem solving of numeracy. Students will need to concentrate and work uninterrupted for some time to complete all the questions and writing within the required timeframe. It is important for students to have the stamina to complete the tests in the required time so please assist your child on these days with positive encouragement, an early night and a nutritious breakfast.
From the Tuckshop
All Prep’s and Year’s ones can now order half a hotdog for $2.00.

Mother’s Day Stall
Below is the timetable for the Mother’s Day Stall being held on Thursday and Friday.

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<thead>
<tr>
<th>Time</th>
<th>Thursday 8th</th>
<th>Friday 9th</th>
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<tr>
<td></td>
<td>Mother’s Day Stall</td>
<td>Mother’s Day Stall</td>
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<tr>
<td>8.45 - 9.00</td>
<td>Prep B</td>
<td>Prep T</td>
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<tr>
<td>9.00 - 9.15</td>
<td>Yr 7 L &amp; S</td>
<td>3T</td>
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<tr>
<td>9.15 - 9.30</td>
<td>Yr 6 L &amp; S</td>
<td>3L</td>
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<tr>
<td>9.30 - 9.45</td>
<td>Yr 7 M &amp; A</td>
<td>3R</td>
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<td>9.45 - 10.00</td>
<td>Sen P</td>
<td>4MH</td>
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<tr>
<td>10.00 - 10.15</td>
<td>Yr 6 M &amp; A</td>
<td>4KH</td>
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<td>10.15 - 10.30</td>
<td>Leap 4/5C</td>
<td>4P</td>
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<td>10.30 - 10.45</td>
<td>Leap 6/7W</td>
<td>4G</td>
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<td>10.45 - 11.15</td>
<td>Morning Tea</td>
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<td>11.15 - 11.30</td>
<td>1J</td>
<td>Prep A</td>
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<td>11.30 - 11.45</td>
<td>1/2J</td>
<td>Prep D</td>
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<td>11.45 - 12.00</td>
<td>2L</td>
<td>5S</td>
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<td>12.00 - 12.15</td>
<td>2P</td>
<td>5C</td>
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<tr>
<td>12.15 - 12.30</td>
<td>Leap 1/2/3M</td>
<td>5W</td>
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<td>12.30 - 12.45</td>
<td>1L</td>
<td>5T</td>
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<tr>
<td>12.45 - 1.30</td>
<td>Lunch</td>
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<td>1.30 - 1.45</td>
<td>2Q</td>
<td>Sen C &amp; Sen H</td>
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<td>1.45 - 2.00</td>
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<td>2.00 - 2.15</td>
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Community News

Hervey Bay State High School
Year 7 & 8 Enrolment Evening

**When:** Wednesday 21st May

**Where:** The Great Hall at Hervey Bay State High School

**Time:** 3:30pm or 5pm

**Prior to Evening:** Return the Enrolment Request Form to Hervey Bay State High School Office by Monday 19th May.

**Further Information:** Contact the school on 4194 3777 or visit http://www.herveybayshs.eq.edu.au/index.php/about-us/enrolment/

Hassle Free Mealtimes Triple P - Positive Parenting Program

If you are the parent of a 2 to 5-year-old child and are concerned about their feeding and mealtime behaviour, we would love to hear from you!

University of Southern Queensland and University of Queensland are partnering to conduct research into problem eating in young children, and you can be involved!

Brief Hassle-Free Mealtimes Triple P is a single 2-hour group seminar that will provide parents with information and helpful everyday tips and strategies for dealing with problem eating and improving their child’s mealtime behaviour.

Two groups will be run in Hervey Bay, the first in May. To reserve your spot or for further information go to https://exp.psy.uq.edu.au/mealtimes/ or contact Toni Cooper via email w0042357@umail.usq.edu.au

The Butterfly Foundation presents

**Early Intervention for Eating Disorders**

This 2.5-hour workshop has been developed by The Butterfly Foundation and aims to equip those working with young people in education, health and community settings with knowledge on body image, disordered eating and eating disorders and support them in developing the skills they need to recognize potential problems in young people and strategies to intervene accordingly.

It is well documented that early intervention in young people with issues around poor body image, disordered eating or eating disorders can reduce the duration and severity of the illness compared to intervention that occurs when behaviours have become entrenched.

This workshop covers:
- Understanding Body Image Issues and Eating Disorders
- Identification of Body Image Issues, Disordered Eating and Eating Disorders
- The role of self-esteem and Body Image
- Intervention strategies when there is an issue
- Understanding of treatments available
- Supporting an individual with a body or eating issue or Eating Disorder
- Referral information

A certificate of participation to verify professional development hours is available on request.

**Date:** Friday, 30th May 2014

**Time:** 1.00pm - 4.30pm

**Venue:** Hervey Bay - University of Southern Queensland, Fraser Coast Campus

**Cost:** $130 (inc. GST) includes refreshments

**TO REGISTER:**
- Education Services – For Professionals section of our website.
- For more information please email or call Linda Philp: linda.philp@thebutterflyfoundation.org.au, or (07) 4656 3908

Butterfly Support Line 1800 ED HOPE / 1800 81 4673
thebutterflyfoundation.org.au