ANZAC Day Thank you.
Last Wednesday our whole school (Prep to Year 7) came together for our School ANZAC day ceremony. We were joined by invited guests from the RSL and a number of parents.

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 800 students 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.

Questions I Get Asked from Time to Time.
Often when it rains I am asked by parents why it is that our Demountable Classrooms (that house our music Rooms, year 3’s and Year 6 students) don’t have covered walkways leading to them.

The reason for this is that the classrooms are regarded as non-permanent structures or demountable classrooms and can be transported away if the school was to lose enrolments or they were needed elsewhere. As these buildings are not permanent structures we are not to erect permanent covered walkways to them.

This does of course present issues for us when it does rain as children must then walk through the rain to reach their classrooms. To try and overcome this we have large umbrellas in the rooms that the children use to move to the toilets blocks when it is raining.

NAPLAN Dates
The National Literacy and Numeracy Testing Program (NAPLAN) for years 3, 5, 7 is scheduled for Tuesday 14th, Wednesday 15th and Thursday 16th 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.
Get Ready for Education Week, May 6—10th
Next week we celebrate State Education Week with a week of engaging activities involving our whole school community. We would love for our parents to join in the fun and help us celebrate the joy of learning.

All families should have received a detailed program outlining the event below.

Further information can also be found on our school Facebook page at http://www.facebook.com/pages/Sandy-Strait-State-School/354729921302918

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<thead>
<tr>
<th>Date</th>
<th>Activity or Event</th>
<th>Venue, Location, Time</th>
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<tbody>
<tr>
<td>Monday 6th May</td>
<td>Michal Salmon Author/ Illustrator Visit</td>
<td>Prep – Year 3 9.00-10.00am in the Hall</td>
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<td>Year 4-7 10.00am-11.00am in the Hall</td>
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<td>P &amp; C Spell-a-thon Launch</td>
<td>Spell-a-thon cards and letters sent home to all families</td>
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<td>Tuesday 7th May</td>
<td>Mini Minds Alive Year 4-7</td>
<td>9.30am-10.45am In a variety of locations across the school</td>
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<tr>
<td>Wednesday 8th May</td>
<td>Under 8’s Celebrations Prep – Year 3</td>
<td>9.00am-11.00am Various locations spanning the Junior School Areas</td>
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<tr>
<td>Thursday 9th May</td>
<td>Regional Showcase Awards for Excellence in Education</td>
<td>Winners of the Regional Showcase Awards for Excellence in Education announced at the Brolga Theatre.</td>
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<td>School Band on Senior Assembly</td>
<td>Senior Assembly 2.15-2.45pm in the Hall.</td>
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Keep an eye out for the Independent Newspaper delivered to your letter boxes in Education Week as all of the Bay State Schools feature in a special edition celebrating State Education week.

Leap into Learning Goal Setting Week this week
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”.

This week 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 have produced 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 in the past 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.
2013 Student Resource Levy
Thank you to all of the parents who have completed the documentation and paid the 2013 Student Resource Levy in full or in instalments.

Parents who have yet to return their forms and payments should have received invoices over the past week.

If you are unsure what the Student Resource Levy is please refer to information and documents sent home with previous newsletters or you can contact our Business Services Manager, Charla Wood on 41970333. You can also locate information about the Student Resource Levy on the school website homepage at www.sandstrass.eq.edu.au

Your prompt attention to these invoices is very much appreciated as we ensure we adequately resource our classrooms to support the range of learning activities that occur each day.

Have you Visited Sandy Strait on Facebook.
Did you know that Sandy Strait State School is now on Facebook? Our school Facebook page provides us with another form of communication with our parents and wider community.

I regularly post information on the school Facebook page about school happenings, reminders and updates and general information about things that have been happening in classrooms.

Please be sure to visit us at http://www.facebook.com/pages/Sandy-Strait-State-School/354729921302918 or follow the quick link from the school website homepage www.sandstrass.eq.edu.au (listed on the right hand side).

News from the Junior School  Mrs Helen Forbes

NAPLAN
Year three students will sit the NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy from the 14-16 May. This is the first time our year three students will get to participate in the tests so it is important that students are given every opportunity to do the best they can.

Teachers have been working with students providing preparation activities that give students practice in the multiple choice type questions that are similar to what they will answer in the NAPLAN tests. Many aspects contribute to a student’s results including; a student’s ability to concentrate for a given time; a student’s reading ability; a student’s ability to problem solve and their ability to write and spell.

Parents can help by ensuring that your child has a good night’s sleep prior to the testing days and that your child has breakfast. If your child is particularly anxious about doing these tests please contact Mrs Forbes or your child’s teacher to discuss options available for your child.

An individual NAPLAN report for each child will be sent home later this year. Results provide additional feedback for parents, carers and teachers on how students are progressing in key curriculum areas.

BEFORE SCHOOL
Some students are arriving at school too early in the morning. Students who arrive at 7.30am or before 8.00am are at risk as we don’t have teachers on duty and if students hurt themselves or another child no one is there to assist them quickly. If your child is attending school early please make alternative arrangements to ensure they are not at school prior to 8.00am.

From 8.00am until bell time students are to remain in their area and wait for their teachers to open their classroom by playing non-running games and games that don’t include balls. This ensures their safety and the safety of parents, small children and other students. Students who are running around before school will be directed to the hall to sit and wait until the bell rings. Please help us by encouraging your child to follow our before school rules.

EYE TESTING FOR YEAR ONE AND YEAR FOUR STUDENTS
Richard Watt Optometrist offers a free service to the school to screen all students in years One and Four for vision checks. This testing starts this Thursday and will continue each consecutive Thursday until all students are tested. If you wish to have your child’s vision tested you need to return the permission note sent home last week.

UNDER 8’S DAY
Wednesday 8th May is our school’s Under 8’s Day. This day has always been enjoyed by our students, teachers and parents and a lovely way to acknowledge the joy and fun that our under 8 year old children provide as they grow and learn through the early childhood years. Please check out our information flyer and if possible come along and enjoy the session with your under 8 year old child.
NAPLAN testing time again
Our students in Years 3, 5, 7 and 9 will soon participate in the annual National Assessment Program – Literacy and Numeracy (NAPLAN) to assess their skills and understanding in the areas of reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The tests will be conducted in all state and non-state schools across the country from 14–16 May.

An individual NAPLAN report for each child will be sent home later this year. Results provide additional feedback for parents, carers and teachers on how students are progressing in key curriculum areas.

Please contact the school if you have any questions about your child participating in NAPLAN testing. Further information is available on the ACARA website. (http://www.nap.edu.au/)

With NAPLAN almost upon us some of our students may feel a little overwhelmed and become anxious during the testing period. Test anxiety is a type of social anxiety in which fear about scrutiny by parents and teachers interferes with your ability to perform well in an exam situation. If a student suffers from test anxiety, there are a number of coping strategies we can encourage them to employ. Below are ten tips to help someone cope with test anxiety.

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 of the 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, "STOP" and come up with alternatives such as "I am prepared for 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. It is only when anxiety becomes unmanageable that it is a problem.

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.

Good luck
DVD'S Wanted
The Library are asking for donations of any unwanted G Rated DVDS you may have in your collection that you may be able to donate to the school. Students use the library during lunchtimes when they are wanting a break from normal playground activities or when it is hot/rainy weather. They often say that they would like to watch a movie during this time so any donations of these DVD’s would be greatly appreciated. All DVD’s can be dropped off at the library.

BOOK CLUB
Issue 3 is due back at school this Friday 3rd May. Please have all orders and money to the office by then. We are still looking for someone to help with bookclub. If you are available a couple of hours a term please leave your name and number at the office. This doesn’t involve much and your time would be greatly appreciated!!

BANKING
Welcome to Term 2. Firstly I’d like to congratulate our winner of the term 1 raffle Hayden. We hope you enjoy your prizes. This term the Commonwealth bank is holding a competition to win a family holiday worth $5000. All you have to do is make 3 deposits this term and you will automatically be entered. There are also some great runner up prizes. Please remember THURSDAY is our school banking. We have noticed a lot of people bringing the books on Fridays. You need to have your folders to the office by Thursday morning or they will not be banked until the following week. We are now processing deposits on Thursday afternoons at 2pm in the cottage so this will be the time you can come and see us if you have any questions. You can also email us ssssbanking@yahoo.com.au From now on we will be handing out certificates for consistent bankers. For every 10 deposits you make you will receive a bronze, silver or gold certificate. To run this fairly we will start the count of deposits from the beginning of Term 2. Those who receive a gold certificate by the end of this year will also receive a small prize.

Our Recycling Adventure
Miss Brown from the Fraser Coast Regional Council came to our school to talk about how we can help the environment by recycling. All of the year 5s watched a mockumentary about how plastic bags get into the ocean and how they kill the animals. We learnt about a land of plastic in the middle of the Pacific Ocean. Miss Brown also told us to recycle plastics with the numbers 1 to 6, like milk bottles and never recycle plastic with a number 7 or more on it. She also told us to rinse out our recycling so it does not stink. It was awesome!! From Holly and Isabella (5C)

Woolworths Earn & Learn
Woolworths Earn & Learn is back again this year. From Monday 8 April until 9 June every time you spend $10 or more at Woolworths you can receive a sticker to go towards some great items for our school. Once you have completed your sticker form please place into the box in the office.

Under 8’s Day Activities—Donations Required
Under 8’s Day will be held in Week 4 for all our Prep—Year 3 students. This annual event is always a great success for our students to participate in fun-filled activities during the morning. For this to be achieved we are asking parents for donations of rice, any unwanted used Birthday/Christmas cards and small off-cuts of soft wood. If you could please send all donations to Mrs Lee’s (3L) classroom by Friday 3 May it would be greatly appreciated.

Student Leader News
I would like to congratulate all of the students who were able to march with us last Thursday during ANZAC Day, to remember the people who were in the war. Also wishing the Year 3, 5 & 7’s good luck with NAPLAN coming up soon.
A reminder to all Musical students that rehearsal are on Tuesdays after school from 3.00—4.30 pm and on Fridays from 1.30—2.50 pm.

Pancake Day—Chappy Trina
Coming home with this newsletter is an order form for Pancake Day. This will be held Tuesday 21 May Prep—Year 3 and Wednesday 22 May Year 4—7. Pancakes will be at Big Lunch time and the students will receive 2 pancakes, butter and maple syrup for $3.00. All orders must be received to the office by 10 May. As we have to order ingredients based on numbers ordered we cannot accept any orders after this day and no refunds can be offered if your child is away on the day. All money raised will go towards resources for our Chaplain. Please support this pancake day and get your orders in!
PARENTS AND CITIZENS ASSOCIATION

MOTHERS DAY STALL:
WHEN: Thursday 9 and Friday 10 May
WHERE: The Cottage
TIME: All classes as detailed in timetable below
PRICE RANGE: $2.00 - $10.00 per item
DON'T FORGET TO ASK YOUR PARENT OR CAREGIVER FOR A COUPLE OF DOLLARS!

TUCKSHOP VOLUNTEERS URGENTLY NEEDED!
As you will all be aware our Tuckshop reopens this Thursday the 2nd of May. We have been lucky as one of our Volunteers Kerri McDon-ald has agreed to continue Volunteering for two weeks and will be holding the fort while the P&C go through the application process in hiring a new Convenor.

WE NEED YOU! Our Tuckshop relies on our School Community, our Parents and Caregivers to Volunteer their time. The Tuckshop is open on Thursdays and Fridays, from 8.30am - 2.30pm each week, remember you can Volunteer for as little or as much time as you choose.

If we can not get the Volunteers, we can not operate a Tuckshop, it is as simple as that.

If you are interested please call into the Tuckshop and say Hi to Kerri, or ring Kim on: 4125 1630.

We thank you for your continued support of the P&C.

Kim Parnell, P&C President

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<td>Mother’s Day Stall</td>
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<td>8:45 - 9:00</td>
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<td>Morning Tea</td>
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**Live well with asthma**
Are you or someone you care for living well with asthma? If you:
- wake up coughing, wheezing or breathless
- struggle to keep up with normal activity
- use your blue reliever puffer more than three times a week
- are unsure about the way your medications can work best for you
These are all signs your asthma is not well controlled or signs you are not living well with asthma.
If your asthma is limiting your quality of life, Asthma Foundation Queensland invites you to join us for a free one hour Live Well with Asthma workshop. To register please call Asthma Assist on 1800 645 130 or visit [http://www.asthmafoundation.org.au/QLD/Courses_for_the_community.aspx](http://www.asthmafoundation.org.au/QLD/Courses_for_the_community.aspx)
**Where:** Hervey Bay Neighbourhood Centre, 22 Charles St, Pialba Q 4655
**When:** Friday 3rd May 2013
**Time:** 10:30am – 11:30am

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**Position Vacant – Tuckshop Convenor Sandy Strait State School**
The Parents and Citizens Association of Sandy Strait State School are seeking to employ an enthusiastic self-motivated person to manage the school tuckshop operations.
The position is on a Casual basis each Thursday and Friday for 12 hours per week during the school terms with employment conditions in accordance with the P&C and Other Associations Retail Award.
The successful applicant will be responsible for the day to day operations of the Tuckshop as well as ensuring that the future business directions of the Tuckshop as determined by the P&C and carried out to ensure best practice in food service is provided to our students.
Application packages can be collected from the school office. Applications close 3.00pm Monday 6th May.

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**Play YOUR MUSIC Academy**
**Learn shortcuts to start playing**
**YOUR FAVOURITE MUSIC**
**FREE FIRST LESSON**
* Instrument not necessary. * Private or Group Tuition
* Our Studio or Your Home * Beginners welcomed
* Ages 5-95. * Patient Teachers
Phone: 4194 5265 <> or 0407 586 761