24/04/14

Welcome Back to Term 2.
Welcome back to a brand new term. I hope that all of our students and families had a restful and relaxing break and had an opportunity to spend time with loved ones.
To all of our new families I would like to extend a warm welcome to our school and the Sandy Strait family.

ANZAC Day
The staff and students of Sandy Strait have always had a proud and strong tradition of commemorating ANZAC Day. This year we will be conducting our Whole School ANZAC Day ceremony in our school hall on Thursday the 24th April from 9.30am. Invited guests from the RSL will address the school assembly as our student leaders share the Anzac Story. Year levels from across the school will be invited to lay a wreath as part of the ceremony.

On the 25th April students are invited to represent the school and participate in the Anzac Day street parade and march to Freedom Park.
Children wishing to march with our school are to come dressed in school uniform with a hat and drink bottle and meet in the Woolworths Carpark (Hunter Street) at Pialba at 9.00am on Friday the 25th April. The street march is scheduled to commence at 9.30am. Students from Prep to Year 7 are invited to attend and keep the ANZAC spirit alive.

Term 2 Calendar and Dates
Term 2 is a very busy term with many scheduled events including NAPLAN, Education Week Celebrations, Academic Awards, School Competitions, excursions, P&C Spell-a-thon and Mother’s Day Stall, Hervey Bay Sports Galas, the School Athletics Carnival, Strings and Band workshops/concerts and much, much more.
I have added many of these important dates on to the calendar which can be located on our school website at www.sandstrass.eq.edu.au
I will update this calendar throughout the term as more dates and events come to hand.

I will also share the above dates and events on our School Facebook page. If you have yet to find our school Facebook 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)
By “liking” our school Facebook page you will then receive updates and posting regularly through your Facebook newsfeed.
**SMS Messaging to Help Keep Parents Informed and Connected**

Late last term we commenced the implementation of SMS messaging. There were some initial hiccups to overcome as we worked between different systems and we thank parents for their patience and understanding as we resolved some of the conflicts.

Information such as student absenteeism, date claimers, reminders etc can now be sent to mobile phones rather than through the regular post.

To help us ensure all of our records are accurate we are asking parents to update their mobile phone contact details with the school office.

We thank you for your attention to this task as we implement further initiatives to ensure we have a connected school community.

**2014 Student Resource Levy**

Thank you to all of the parents who have completed the documentation and paid the 2014 Student Resource Levy in full or in installments by the due date of the 28th March. Parents who have yet to return their forms and payments will receive invoices in the coming weeks.

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.

**Our Intensive Focus on Student Attendance Continues this term**

One of the biggest factors affecting student achievement is attendance. Research shows that in Queensland, higher student attendance at school is associated with higher student achievement. Putting it quite bluntly students need to be here at school to have the best chance at learning and succeeding.

The target for Student Attendance is 95%. In a 10 week school term that allows for children to be absent for only 2.5 days.

Ideally we would like every student to strive for 100% attendance.

Our teachers and support staff are committed to ensuring our students have access to dynamic learning programs. We ask that you help us give children the best opportunity at succeeding by working together with us and supporting our focus on student attendance.

Remember every day is a learning day and every day counts.

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**Pancake Day–Chappy Trina**

We will be holding a Pancake Day to raise funds for Chaplaincy resources on Tuesday 20 May and Wednesday 21 May. All orders must be returned to the school office and placed into the blue box by Tuesday 13 May. Students will be offered 2 pancakes with butter, maple syrup or jam for $3.00 per serve. Prep—Year 3 will have their pancakes on Tuesday 20 May and Year 4—7 will have their pancakes on Wednesday 21 May.

All students have received their order forms for this fundraiser. If you have misplaced order form please see the office for a copy.

**Term 2 Activities**

Hey Kids, check out what we are doing this term. Keep your eyes out posters on the notice boards and sign up sheets to participate….Should be AWESOME FUN!!!!!!!

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<tr>
<th>Week No.</th>
<th>Activity</th>
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<tr>
<td>1</td>
<td>Lunch Disco</td>
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<td>2</td>
<td>Oval Activities</td>
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<td>3</td>
<td>Activity Tables</td>
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<td>4</td>
<td>Golf Drive</td>
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<td>5</td>
<td>Mothers Day</td>
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<td>6</td>
<td>Drawing and colouring competition</td>
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<td>7</td>
<td>Oval Obstacle Course</td>
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<td>8</td>
<td>“The Great Race”</td>
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Any questions talk with any of the Activity Student Leaders…

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**School Facilities—BSM News**

Over the school holidays we have had the Prep playground refurbished with rubber softfall and artificial turf (check out our Facebook page for the before and after pictures [http://www.facebook.com/pages/Sandy-Strait-State-School/354729921302918](http://www.facebook.com/pages/Sandy-Strait-State-School/354729921302918)).

The funds for the coloured softfall came from the Gambling Community Benefit Fund due to the successful application written by our Principal, Sharon McMorrow. I am sure you will join with me in thanking Sharon for her work around this successful grant application. The remaining expenses for the artificial turf, plumbing and grounds work came from school funds. Also a big thank you to our Grounds staff for their work in getting the Prep playground ready for this refurbishment. It is hoped in the future to continue upgrading our playground facilities as funds become available.

The junior and middle school toilet blocks have had new cisterns installed. The funds for this work came from the school’s annual maintenance budget.

Charla Wood—BSM
**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 13–15 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)

Here are some tips to support our students to do the best they can during NAPLAN:

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.

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. Whenever possible, give yourself a break before starting to study for another test.

**A challenge to Schools**

Well, it’s that time of the year again, - Yes !  The Spin Cycle Challenge is ON!!!! Friday May 17th  What is that I hear you ask? Only the BEST CHALLENGE where schools get to raise money for Chaplaincy and compete against each other for prizes and the SHEILD! Where you can say, “WE ARE THE BEST SCHOOL IN HERVEY BAY AND HAVE THE SHEILD TO PROVE IT”, where your Chappy can then brag all year and be called “SUPER CHAPPY!” BUT I really don’t know why we have to compete against each other because SANDY STRAIT STATE SCHOOL is going to win AGAIN! YES you heard me right “WIN AGAIN!!!!”  But hey if it makes you happy please join in and TRY to win the SHEILD.

WE CHALLENGE YOU!

Enclosed is a photo of the Winning School

![Photo of the Winning School](Image)

From
SUPER CHAPPY Trina
Welcome back to all of our students in the junior school and their parents. This term will be a ten week term with report cards to be issued at the end of the term. This term also sees our year three students sit the NAPLAN tests on May 13th, 14th and 15th and as their teachers will be preparing them for these tests students will no doubt share further information with you about NAPLAN.

All year levels will be starting new units this week in English, maths, Science and Geography. I will provide overviews of these units in the next newsletter.

**NAPLAN**

Year three students will sit the NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy from the 13-15 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 thinking questions that are similar to those they will answer in the NAPLAN tests as well as time management practice to ensure they feel confident completing these 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.

**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 Thursday 8 May 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 that your child will bring home. Please check your child’s bag for this note on Friday.

**Reading Tip:**

Before reading—discuss the title and cover of the book. Take turns enjoying predicting what the book will be about and make connections with what you already know about the topic.

(By taking this time prior to reading you help ‘set your child up for success’ with reading the text as your child will be prepared for content words and ideas that the text may provide.)

We hope that you have all enjoyed your Easter break, and are refreshed and ready for Term 2. This term is expected to be busy for our P&C.

** Mothers Day Stall** - Our Annual Mothers Day Stall will be held on Thursday 8, and Friday 9 May. Put these days on your calendar now. All students will be visiting the stall in an allocated time, during their school day. This roster is usually compiled by Mr Jackson, with assistance from the Teachers. Once this roster has been completed, it will be put on Facebook, and on the Noticeboard at the Office for all to see. Please ensure that your child has some money on their allocated day. Remember CASH ONLY, as NO EFTPOS facilities will be available.

The P&C has spent $3000.00 on products this year, this is more than any other year. All stock has again been purchased from our favourite Fundraising company Smart FunRaisers.

If anybody has any spare plastic bags, could you please hand them to the office. If you have made something that you would like to donate please leave your name and number with the front office and I will get back to you.

Our first priority this year is to purchase a new oven, and to get it installed. Some of this money has already been raised thanks to Kerrie and her Volunteers with the Meal Deal last term, however we still have a bit more to raise for installation, all money raised will greatly assist with this - We thank you for your support.

**P&C General Meeting** - The next P&C Meeting will be held on Wednesday 30, April at 3.00 in the Admin Building, All welcome.
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/