



# Berowra

## Public School

# The Crest

Wednesday 7th May 2014  
Term 2 Week 2

Phone 9456 1319

website - <http://www.berowra-p.schools.nsw.edu.au>

### 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, 28<sup>th</sup> 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 28<sup>th</sup> 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, 23<sup>rd</sup> 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, 12<sup>th</sup> May at 7pm in the KRed classroom and on Thursday, 22<sup>nd</sup> 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 5<sup>th</sup> 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 2<sup>nd</sup> 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](http://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](http://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

May	
Thurs 8	BPS Cross Country Carnival
Fri 9	Last day for Stewart House envelopes
Mon 12	Kindy 2015 Information Session 7pm
13-15	NAPLAN testing days
Tues 20	UNSW Computer competition
Wed 21	P & C meeting 7:30pm in staffroom
Thurs 22	Kindy 2015 Information Session 10am
Mon 26	Zone Cross Country at Rofo Park
Fri 30	Voices for Reconciliation at Hornsby
June	
Wed 4	UNSW Science competition
Mon 9	Queen's birthday public holiday
Thurs 12	Area Cross Country at Gosford
Mon 16	UNSW Writing competition
Tues 17	BPS Athletic Carnival UNSW Spelling competition
Wed 18	P & C meeting 7:30pm in staffroom
Thurs 26	Opera House concert- recorders & string
Fri 27	Last day for term 2
July	
Mon 14	Staff Development Day
Tues 15	Students return for Term 3
Wed 23	OC testing for interested year 4
28/7-1/8	Education Week
Tues 29	BPS Open Day UNSW English competition
Wed 30	Combined church service
August	
Tues 12	UNSW Maths competition Choir Opera House rehearsal
September	
Fri 19	Last day for term 3

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](http://www.scce.com.au), email [scceaust@scce.com.au](mailto: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!


Nutrition Snippet

## The simplest way

...to use leftovers in the lunchbox

Leftovers are an easy way to pack your kids a nutritious lunch, whilst clearing out the fridge.

Your kids will love these tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Cottage pie or spag bol sandwiches - both taste great on wholemeal bread
- Healthy fried rice or stir-frys are a fun alternative to a sandwich
- Turn leftover vegies into a frittata
- Add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (then add your favourite salad).



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



# 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  
Animals  
Biodiversity  
Electricity  
Entomology  
Horticulture and Agriculture  
Oceans  
Polar Science  
Sight, Light and Colour  
Space Science  
The Human Body  
Water

Active Earth  
Astronomy  
Chemistry  
Energy  
Home Chemistry  
Indigenous Science  
Plants  
Science and the Environment  
Sound Science  
Technology, Designing and Engineering  
Tools, Toys and Machines  
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>

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 19<sup>th</sup> June 2014

Di Bower  
Principal

# SPECTRA CHALLENGE 2014

I give permission for my child \_\_\_\_\_ class \_\_\_\_\_  
to be involved in the 2014 SPECTRA Challenge.

Level\*: Junior / Senior (please circle)

Topic Chosen\*: \_\_\_\_\_

I have enclosed **\$9.00** for the cost of the program.

\* Please note that projects cannot be ordered without this section of the permission slip completed.

Parent/Guardians Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



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**1**

### The Entertainment™ Book Membership

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**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 'near me' 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 5<sup>th</sup> 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

### NOTES YOU MAY HAVE MISSED

Sent Out	Subject	Distribution	Response
5/3	2014 Voluntary Contribution	K - 6	-
26/3	Classroom requirements	K - 6	8/5
28/3	Year 6 Jersey	Year 6	8/5
2/4	SPECTRA (in The Crest)	Yrs 3 - 6	19/6
29/4	Term 2 sport	Yrs 3 - 6	8/5
29/4	Milk order	K - 6	9/5
30/4	Year 5 2015 OC class	Year 4	16/5
30/4	Cross Country Carnival	K - 6	6/5
30/4	Festival of Instrumental Music	Recorders	-
30/4	Community Sports Competition	Reps	2/5
7/5	Term 2 & 3 PSSA Sport	Reps	22/5
7/5	BPS Fair update	K - 6	-

## 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!



## Class Awards

<b>KB</b>	Taj G, Cooper L, Isabel N, Locke T, Caleb F, Luke E, Brayden J, Noah V,
<b>KP</b>	Farrah P, Taylor W, Shane S, Nancy P
<b>KR</b>	Sam F, Hayden F, Spencer L
<b>1A</b>	Jacob B, Tyler G
<b>1C</b>	Harry B, Chloe C, Isabel A, Elisa D, Finn F, Scott T
<b>1S</b>	Kiara B, Gabriel F, Mia S, Kaiya H
<b>2P</b>	Liam C, Madeleine B, Daniel L, Brinlee S,
<b>2R</b>	Immy B, Mackenzie F, Caitlan F, Ella M, Liam N, Charlie L
<b>3P</b>	Lucy B, Imogen L, Pearl M, Samantha S, Kai V, Emma B, Brooke F, Allisha M, Parisa G, India H, Jasper M
<b>3/4B</b>	Ryan J, Bradley A, Miranda A, Hamze D, Shamaya V, Kiana L, Laura R, Kaelin S, Patrick W
<b>5K</b>	Michael C, Caitlyn R, Niamh D
<b>5W</b>	Lachlan O, Matthew L, Thomas M, Hayley T, Haidee W, James N, Amy H, Hayley S, Blake D
<b>5/6J</b>	Kyle L, Jessica L, Annabelle M, Chloe M, Sienna O, Zachary G

## Honour Certificates For Term 1

Finn L, Nicole J, Jackson C, Jed W, Zeke J, Jayden B, Ava A, Jessica C, Mia J, Natalia G, Isabel A, Eric H	<b>Year 1</b>
Emalee P, Tim C, Lincoln V, Jake D, Dakota J, Sophie W, Rachel D, Mitchell G, Sam S, Nathan G, Madeleine B	<b>Year 2</b>
Patrick H, Monique W, Isabella A, Abbie C, Danielle P, Bronte L, Eden S, Anna O,	<b>Year 3</b>
Mirabel J, Luka J, Caitlin C, Aleisha C, Eliza O, Miranda A, Jake E, Annika E,	<b>Year 4</b>
Cameron R, Alannah B, Renee B, Ashleigh H, Ella B, Caitlyn R, James N	<b>Year 5</b>

## Pennant Awards

Thomas M 5W, Luka J 4P, Layla W 4G	<b>March</b>
Patrick H 3P, Eliza O 4G, Miranda A 3/4B, Isabella A 3/4B, Cameron R 5/6J, Aleisha C 4G	<b>April</b>

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Nutrition Snippet

## The simplest way

...to manage fussy eating

Kids can get anxious when trying a new fruit or veg, so try providing a smaller serving for the first few times.

This approach is less overwhelming and you might find that they will ask you for more.



*Did you know it may take more than 10 times before your child accepts a new food?*

Give your kids two options that you're happy with. Rather than saying "Would you like any vegetables?" offer a limited choice, for example "Would you like peas or beans?"

Stay calm + persistent in your approach! Perseverance pays off.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



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Cate Latham, Go4Fun parent”

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AND IMPROVE THEIR SELF-ESTEEM.

**WHEN**

**Mondays**  
4.30pm-6.30pm  
Starts 28th April

**WHERE**

**Hornsby PCYC**  
Performing Arts Centre  
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**REGISTER NOW**

**FREECALL 1800 780 900 OR GO4FUN.COM.AU**



**Health**  
Northern Sydney  
Local Health District



## 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 check*

### 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  
9.30 - 11.30

Tuesday 15th April - Tuesday 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
- 2hours 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 Enquires: Nicole Crouch  
P.O Box 316, Berowra Heights,  
2082

Mobile: 0411 340 637

Email: [artforkidz@iinet.net.au](mailto:artforkidz@iinet.net.au)

Website:

[www.artforkidz.com.au](http://www.artforkidz.com.au)

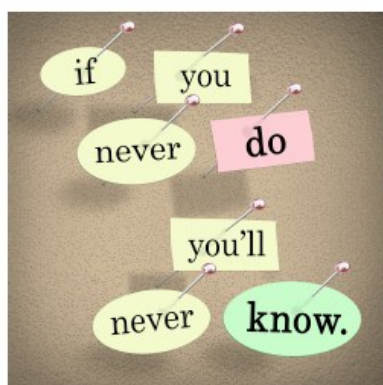


First Care First Aid and Goodstart Berowra Staff & Parents  
Presents:

# 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



  
**First Care  
First Aid**

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](http://www.fcfa.com.au) and put a request to us on our contact page.

# Term 2

# Berowra Public School

2014

Term Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
Week 1	28 April <b>SDD</b>	29 April <b>Students return</b>	30 April	1 May <b>K-6 Assembly</b>	2 May	3 4 May
2 Dance Groups Reh Sun	5 May Dance Audition @ HNPS 10:45am  3:30 Zone Netball Trials @ BPS	6 May <b>SCHOOL PHOTOS</b> <b>Summer Uniform</b>  Mother's Day Stall	7 May <b>Term Letters home</b>	8 May <b>Cross Country</b> 	9 May	10 11 May
3	12 May  7pm Kindergarten 2015 Information Evening	13 May NAPLAN  Sushi Day	14 May NAPLAN 	15 May NAPLAN  <b>Student Parliament</b>	16 May	17 18 May
4	19 May <b>BOOSH Chocolate Drive</b>	20 May <b>ICAS Comp</b> 9:30am Canteen Meeting	21 May  <b>P&amp;C Meeting 7:30pm</b>	22 May <b>K-2/3-6 Assembly</b> 10am Kindergarten 2015 Information FOIM Reh @ Sydney	23 May	24 25 May
5	26 May <b>ZONE CC</b> @ Rofe Park	27 May <b>Student Parliament Mufti</b>	28 May	29 May <b>K-6 Assembly</b>	30 May Children's Voices for Reconciliation Concert @ Hornsby	31 1 Jun
6	2 June <b>Zone BU</b>	3 June	4 June <b>ICAS Science</b>	5 June <b>Student Parliament</b>	6 June	7 8 June
7	9 June  <b>QUEEN'S BIRTHDAY</b>	10 June 9:30am Canteen Meeting	11 June	12 June <b>K-2/3-6 Assembly</b>	13 June  <b>DISCO</b>	14 15 June
8 Sydney North Dance Festival	16 June <b>ICAS Writing</b>	17 June <b>ICAS Spelling</b> <b>ATHLETICS CARNIVAL</b> 9:30 Healthy foods cooking demonstration	18 June  <b>P&amp;C Meeting 7:30pm</b>	19 June	20 June	21 22 June
9 Sydney North Dance Festival	23 June <b>REPORTS HOME</b>	24 June <b>PRINCIPAL'S MORNING TEA</b>	25 June	26 June <b>K-6 Assembly</b> Winning House BBQ 2:20pm Dance Assembly Festival of Instrumental Music - Recorders	27 June	28 29 June
Hols	30 June	1 July	2 July	3 July	4 July	5 6 July
Hols	7 July	8 July	9 July	10 July	11 July	12 13 July



# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## 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 recognising 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 practise.

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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# INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

## 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.

