

Monday 13th May 2019

Dear Parents,

We trust all our mums & grandmas who were able to attend last Friday's Mothers' Day breakfast had an enjoyable morning. It was great to see so many of you here & I'm sure your children were very proud to have you at school. I was also super impressed with the handball skills of some of our mums.



Check our school website to view more photos.

NAPLAN 2019

We all wish our Year 3 and 5 students well as they undertake their National Assessment Program in Literacy and Numeracy (NAPLAN) this week.

Tuesday, May 14	Language Conventions & Writing
Wednesday, May 15	Reading
Thursday, May 16	Numeracy

If parents have any questions about NAPLAN, please check the Latest News section of our school website as it has a good explanation on why we do NAPLAN. I've also included a flyer which has some good tips for parents which may help you support your child over the next few days.

Cross Country

Last Thursday, 37 students from Soldiers Point participated in the Port Stephens Zone Cross Country trials at Lakeside Sporting Complex. Our students, depending on their age-group got to run 2 or 3 kilometres.

Congratulations to all our competitors for having a go. A special mention to the following six runners who finished in the top ten places in their age-group: Alyssa, Aileesha, Lucas, Daniel, Jarvis and Liam. Alyssa and Jarvis have also been selected to compete at the Hunter Regional trials, which are to be held later in Term 2.

Sahla at State

Our congratulations go to Sahla Mc who represented our school & the Hunter Region at the NSW State Tennis Championships in Inverell last week. Sahla had the opportunity to play 7 games against players from across NSW of which she won 3, a super effort.



Election BBQ

The P&C will be holding an Election Day BBQ this Saturday, May 18, which is certain to be delicious. On sale will be sausages, egg and bacon rolls, coffee, cakes, drinks and icy poles. We hope to see many of you here to sample.

Term Dates

Term 2 – Week 3

Monday 13 th May	
Tuesday 14 th May	NAPLAN for Year 3 & 5 students P&C Meeting 6.30pm
Wednesday 15 th May	NAPLAN for Year 3 & 5 students
Thursday 16 th May	NAPLAN for Year 3 & 5 students
Friday 17 th May	OC Applications close

Term 2 – Week 4

Monday 20 th May	
Tuesday 21 st May	Responsible Pet Talk K-2
Wednesday 22 nd May	P&C Disco (Yrs K-2 5-6pm) (Yrs 3-6 6.30-7.30pm)
Thursday 23 rd May	Footsteps
Friday 24 th May	Grip Leadership – SRC Yrs 3-6 Assembly 2.15pm

Term 2 – Week 5

Monday 27 th May	
Tuesday 28 th May	
Wednesday 29 th May	
Thursday 30 th May	Footsteps
Friday 31 st May	

Term 2 – Week 6

Monday 3 rd June	
Tuesday 4 th June	
Wednesday 5 th June	Interrelate Evening
Thursday 6 th June	Footsteps
Friday 7 th June	

Term 2 – Week 7

Monday 10 th June	Queens's Birthday Holiday
Tuesday 11 th June	
Wednesday 12 th June	
Thursday 13 th June	Footsteps
Friday 14 th June	K-2 Athletics Event at School

Term 2 – Week 8

Monday 17 th June	
Tuesday 18 th June	State Library Visit
Wednesday 19 th June	
Thursday 20 st June	Footsteps
Friday 21st June	

Term 2 – Week 9

Monday 24 th June	
Tuesday 25 th June	
Wednesday 26 th June	
Thursday 27 th June	Footsteps
Friday 28 th June	

Term 2 – Week 10

Monday 1st July	Musica Viva – 2pm
Tuesday 2nd July	
Wednesday 3rd July	
Thursday 4 th July	Footsteps
Friday 5 th July	Pedlar's Parade Term 2 Concludes

SCHOOL ASSEMBLY

*17th May
No Assembly*

*Yrs 3-6 Friday 24th May 2.15pm
All Welcome*

BOOKCLUB

Orders Due back by Thurs 16th May

If you have placed an online order for bookclub please check your order when you receive it to ensure all books ordered have been received.

ENTERTAINMENT BOOK

Help our fundraising endeavours by ordering an Entertainment Book. The school receives 20% from every membership sold. Entertainment memberships are available as a book or as a digital membership app. Enjoy thousands of offers for everything you love to do. 2 for 1 offers, special rates and up to 50% off on activities, dining, shopping, travel and leisure. Order forms have been sent home today. Cost is still only \$65.00. Order yours today.

Yr 4 – Reminder

OC Online Applications for 2020 close Fri 17/5
No Late Applications will be accepted

When kids ask "the" questions... Interrelate has the answers!

Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?

1-hour session: Years 3-6

Session 2: Preparing for puberty

1-hour session: Years 5-6
Years 3-4 can attend at parent's discretion

Date: Wednesday, 5th June 2019

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.

 **interrelate**
relationship experts since 1926



SCHOOL RECYCLING

To enforce and promote our successful **Recycling Program** can you please send in money to the school in a paper bag, used envelope or something similar instead of plastic.

You can buy 100 envelopes at the supermarket for around \$2.50, which is cheaper than plastic.

Thank you



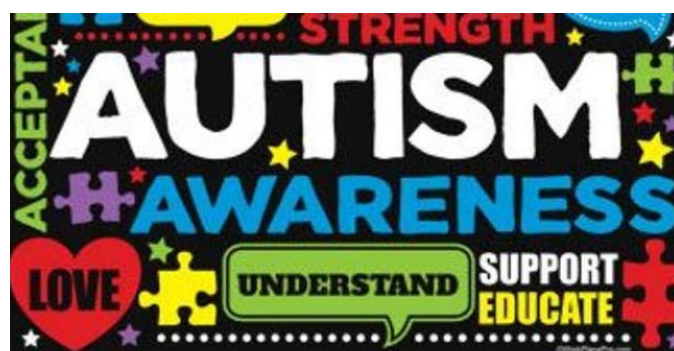
We invite all families with a child starting school in 2020 to the

TRANSITION TO SCHOOL EXPO TOMAREE PENINSULA

listen to speakers, network with services and visit stalls including:
schools-public, independent & catholic
speech therapist
occupational therapist
uniform shop
bus company
out of school hours care services
label company
gan gan family centre
dietician
education consultant
child care centres & more!

**Soldiers Point
Bowling Club
118 Soldiers Point Road
Thursday May 23
6.30 pm to 8.30 pm**

For more information: 4982 1767



AUTISM PARENT/CARER SUPPORT GROUP

The support group connects parents and carers of children with autism with other parents and carers to share their tips and advice for various situations.

Elizabeth Waring Room - Tomaree Sports Complex
1st and 3rd Tuesday of the month - during school term
10:00am - 11:30am
Morning tea provided.

Please call the neighbourhood centre to register on
4984 6220



Newsletter



P&C Meeting

Just a reminder that the May P&C meeting is this Tuesday 14th at 6.30pm in the school Admin building. It would be great to see some new faces.

Thank You

A big Thank You to White Sands Bistro for the donation of vouchers, Woolworths Salamander Bay for the ongoing weekly fruit donation and to DJ Tim Halls for again donating his time and talents to the disco.

Election Day BBQ

This Saturday 18th May 8-2pm the Election Day BBQ is being held at the school so help support the P&C and the school be dropping by. We will be selling sausages, cakes, egg and bacon rolls, coffees, drinks and icy poles.

If you are able to donate some baked goods to sell on the day it would be greatly appreciated. Please drop to the canteen either on Friday or Saturday with a list of ingredients.

We will be running a succulent plant stall on the day so any potted up plants would be great. Please text Kirsty Webb to organise a drop off time and location (0410 509 467).

School Disco

Term 2 disco will be held at the Soldiers Point Bowling Club on Wednesday May 22nd. K-2 Disco 5-6pm, and 3-6 Disco 6.30-7.30pm. ALL children must be signed IN and OUT by a Parent or Guardian.

Please make sure you pay with the correct cash. All form to be returned by Tuesday 21st to go into the draw to win a \$30 White Sands Bistro voucher.

We need volunteers on the night with valid WWC checks, including a First Aid Officer. Again please get in contact with Kirsty Webb.

Bunnings BBQ

The Bunnings BBQ has unfortunately been *cancelled* due to lack of volunteers. The P&C would like to thank those who put their hands up to help, lets hope we can pursue this at a later date.

School Canteen

Paula is always on the lookout for helpers so if you have any free time, she would love to see some new faces in the canteen!

Contact Us

Email: sppspc@live.com.au

P&C Website: sppspc.weebly.com



Soldiers Point Public School Parents

5 tips to reduce TEST ANXIETY in CHILDREN

Big Life Journal



1 PUT TESTS INTO PERSPECTIVE

- Encourage children to do their best, but remind them that one test won't make or break their future.
- Tell them they will be **loved and valued** no matter what test score they earn.
- Explain this test will provide **helpful information** about what they're great at and what they still need to practice.



2 HELP THEM PRACTICE

- If your child is nervous, start by **asking why** they feel nervous.
- Consider **finding practice tests** online you can discuss together.
- **Don't push your child** to study for the test; these tests are meant to measure what your child already knows.



3 PROVIDE USEFUL TEST-TAKING TIPS

- Answer the **easiest questions first**, mark difficult questions and return to them later
- Use **process of elimination**, crossing out the answer choices you know are wrong
- Make an **educated guess** when needed
- **Read** all the answer choices before choosing one
- If penalized for incorrect answers, don't guess **unless** you can eliminate some answer choices
- If aren't penalized for incorrect answers, **don't leave any questions blank**. If time is about to run out, bubble something for each unanswered question



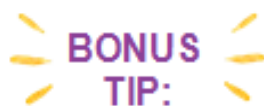
4 TEACH CALMING STRATEGIES

- Experiment with **calming strategies** to find some go-to techniques.
- **Remind** they won't know every single answer on the test, and that's okay.
- Give them a **plan** for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time **practicing these strategies** before test day.



5 PROVIDE ENCOURAGEMENT

- If your child voices a negative statement, like, "I know I'm going to fail," **acknowledge your child's feelings**: "I know you're feeling nervous about the test. Tests can be scary."
- Counter with a **positive and encouraging** statement: "You've practiced really hard and learned a lot this year. You might know a lot of the answers and get a higher score than you're expecting."
- You can also leave your child **encouraging messages** in a backpack or on the mirror with dry-erase markers.



HELP THEM FEEL THEIR BEST ON TEST DAY

- Choose movement and exercise
- Get plenty of rest
- Stick to your usual bedtime routine
- Avoiding excessive screen time
- **Providing** a protein-rich breakfast in the morning
- Keeping conversation positive, encouraging, and lighthearted
- Share laughter and sing favorite songs on the way to school, if driving
- Leave your child with a big hug and words of encouragement

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM