

# Thomastown West Primary School



## NEWSLETTER

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### **NEWSLETTER NO. 10**

*FROM THE PRINCIPAL:*

**FRIDAY 29TH APRIL 2016**

From the Acting Assistant Principal

Mr Bell has taken a few days leave and so I get to write his section of the newsletter this week.

It's been yet another fantastic week. Some very lucky students recently got the opportunity to visit the National Gallery of Victoria to see the Andy Warhol exhibition. They brought back some fabulous photos and were brimming with excitement at all the amazing Warhol artworks they got to see.



The children in grades 1 and 2 went to Yarabee Yesterday World. They visited an old fashioned school where they learned what it used to be like to attend school in the olden days! There was a traditional teacher who taught them how strict teachers used to be as well as getting the chance to participate in some traditional sports such as rolling the hoop and sack racing.



It was lovely to see so many parents at our recent ANZAC assembly. The students have made us proud with their knowledge and respect of the ANZAC tradition.

Pam Wright

Acting Assistant Principal

**It is not OK to be away...or to be late to school!**

## BREAKFAST CLUB



**A reminder to everyone that Breakfast Club is continuing to run in 2016. Breakfast Club runs between 8am-8.30am in the Multi-purpose room where students are able to receive a FREE breakfast. Breakfast is the most important meal of the day, so make sure your children have always had breakfast before they come to school or send them to breakfast club!**

### Cup of Life

I would like to congratulate Room 3 on winning the Cup of Life for last week. This is the second week in a row that the Preps from Room 3 have won! Magnificent job everyone from Room 3!

They are now in running for the end of term prize, which includes a free subway lunch and out of uniform day. The end of term winner will be announced next week!

Keep up the good work everyone and remind your friends and family the importance of attending school everyday.

Remember, Everyday counts...

### NAPLAN

With NAPLAN coming up soon for our Grade 3 and 5 students check out this great article from Andrew Fuller;

Let's start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don't effect if you pass the year or not.

I could tell you as a psychologist that your results on NAPLAN aren't worth worrying about, but I'm not sure you are going to believe me. So if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.

**Everybody gets stressed.** Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache – these aren't nice feelings to have.

### **Get Stressed**

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and nonessential services like your digestion slow \ down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

**Write Out Your Worries** The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" (Even though you can't fail NAPLAN). Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself.

Even if doing well is really, really important to you, knowing your fears will calm you. Answering the question, "If I did fail, what would happen then?" helps you to make a back up plan.

### **Chew Something.**

Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test.

Some jellybeans or fruit would be ideal.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a

signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

### **Focus on now.**

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

### **Build Momentum**

Answer a question that feels easy first off in a test or exam to build up your confidence.

**Breathe Out – S L O W L Y** When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

### **Stand tall walk proud**

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history.

But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

**Look after yourself** Breakfast- eat "brain food" the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night's sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and eady .

### **Make yourself smarter**

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

### **Keep Calm and Carry On**

You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don't make the mistake of thinking that your score on NAPLAN is a measure of your intelligence or predicts your future.

Take care, Tim Brown



**Hi Everyone,**



**Playgroup – FREE TO EVERYONE –  
Thursdays, 10 am & Fridays at 9 am in the  
HUB at the school** The children enjoy free play, story and music time. PLEASE COME ALONG WITH YOUR BABY OR TODDLER OR PRE-SCHOOL CHILD AND JOIN IN!



**PARENTING – RESPECT**

Well, how is it going? Did you try some of the tips in our last newsletter regarding 'respect'? **DON'T EXPECT YOUR CHILDREN TO BECOME RESPECTFUL OVERNIGHT** – as parents, we need to reinforce this daily, through our words and actions, throughout their childhood and teen years.

How we **communicate** is important in showing **respect**. Here is an article from *Raising Children Network* – [raisingchildren.net.au](http://raisingchildren.net.au) I hope you find it useful.

## Communicating with children

During the early years of school, home life and are still the biggest influence on a child's development. Good family relationships help children feel secure and loved, the perfect situation for them to learn and grow.

Love is what we all want most of the time, often without even realising it.

Young children want love even more and, by connecting with them, we show them how much we love them.

Your child's communication skills seem to have changed overnight. She understands more about how you feel and can hold a conversation about something outside her usual interests.

Spending time

Talking together improves your bond, builds self-esteem and teaches her to think about the world around her.



How to communicate with your school-age child

Your child spends six hours a day at school. But when you ask, 'What did you do at school today', the answer is often, 'Nothing'. Rest assured that they did do something. It's just that your school-age child may need your encouragement to talk about her day. She also needs to know that you are really listening.

Positive communication isn't just about saying 'nice' things or sharing good news. It's about being able to talk about all kinds of feelings, even about anger, embarrassment, sadness or fear. It also means really listening when someone wants to tell you that kind of stuff.

Really tune in to what your child is trying to say. Notice the emotions behind the words.

Make regular time to communicate with her in your own special way. Even two minutes every half hour makes a difference.

When she comes to you, try to drop everything to talk. She may only need your undivided attention for five minutes.

Look her in the eye. This helps you avoid conflict and tune in to what she might be feeling or thinking so she is less likely to feel exasperated. To help her maintain eye contact without getting distracted, you can gently hold her face and focus your eyes on her in a way that is engaging, rather than intimidating. At her age, some children are uncomfortable making eye contact. If so, you can check that she is listening to you by getting her to repeat what you just said.

Active listening helps children cope with their young emotions. They tend to get frustrated a lot, especially if they can't express themselves as well as they would like. When you repeat back to them what you think they are feeling, it helps to relieve some of their tension and makes them feel respected and comforted. It can diffuse many potential temper tantrums. When you have listened to her, ask if she wants your advice before jumping in with a solution to her problem.

Try to let her finish her sentences before interrupting, no matter how meandering they might be.

Read to her and tell stories. Picture books help children learn about language.

Always be honest. Children are brighter than many of us think. When we lie to them, we lose their trust.

Ask open-ended questions to encourage your child to talk more about things. Don't criticise her if she uses the wrong words. The idea is to allow her to feel free to express

herself. If she is always criticised for the way she speaks, she may just clam up.

Try to catch the first seed of a potential conversation. Sometimes a passing comment ('the teacher said something strange today') can open up into an important conversation about something that is puzzling or worrying your child.

Understanding rules

During the first few years of school, children can be preoccupied with learning rules. Playing games with rules help children understand what is 'right' and 'wrong'.

To teach your child about rules and values, you can explain why some things are considered right



and others wrong. You can talk simply about what is not tolerated in society. Encourage *empathy* by asking your child to put herself in someone else's position. How would she feel then? You could talk to her about your family's values and why you have them.

Did I just say that?

We all have times when we can't believe what we just said to our child. Most parents have blurted out something like, 'You'll never learn!' or 'Stop crying now, just stop it!' Then we wonder how these things come out of our mouths. Often the best way to deal with it is to admit you're wrong and apologise to make you both feel better



*Keep smiling!*



If I can help you and your family in anyway, please contact the office.

*Robyn Mulholland (Student Wellbeing Team)*

### DIARY DATES

<b>Friday 29<sup>th</sup> April</b>	Interschool Sport TWPS vs St Johns away game
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<b>Wed 4<sup>th</sup> May</b>	Mother's Day Stall
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**THOMASTOWN**

**NEIGHBOURHOOD HOUSE**

the heart of our community



# Mother's Day Market

## Saturday 7 May

### 10am - 1pm

Indoors at Thomastown Library - 52 Main Street

**GIFTS CRAFTS COFFEE CART**

**SAUSAGE SIZZLE BRIC A BRAC**

**FREE KIDS ACTIVITIES**

**Enquiries 8376 6939**