

# INNAR

YINNAR PRIMARY SCHOOL

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**Newsletter** No 12 May 3<sup>rd</sup> 2017

## CALENDAR AND REMINDERS

**Wednesday 3<sup>rd</sup> May**

**Wed-Fri 3<sup>rd</sup>-5<sup>th</sup> May**

**Thursday 4<sup>th</sup> May**

**Friday 5<sup>th</sup> May**

**Mon-Wed 9<sup>th</sup>-11<sup>th</sup> May**

**Friday 12<sup>th</sup> May**

**Thursday 18<sup>th</sup> May**

**Thursday 18<sup>th</sup> May**

**Friday 19<sup>th</sup> May**

**5/6 Parents Camp Information Night at 7pm (in Grade 5/6 rooms)**

**LIFE ED VAN (visiting show)**

**District Cross Country**

**Book Club Issue #3 Due**

**NAPLAN Testing**

**Mother's Day Stall**

**Grade 5/6 Kurnai 'Awareness Day'**

**Visiting Show 'Get to Know Asia'**

**Winter Sports (Football/Netball) Yinnar Recreation Reserve**

Dear Parents,

Did you manage to have a conversation with your child about which of the sculptures in the Main Street they liked the best and why? I have chatted with a few students in the playground and I am finding they all have quite diverse ideas and opinions, which is fabulous.

Christine and I have seen a significant improvement in the past week with students arriving to school on time in the mornings. Thank you for your ongoing support with this. Some of the students who were regular stragglers have told us that they have been setting their alarm 5 minutes earlier or that they are getting their school clothes set out ready the night before- things that they can be responsible for themselves. Rushing can really increase everyone's stress levels, so it helps to give yourself a bit more time in the morning. As mentioned in last week's newsletter, here are some tips for establishing a morning routine that may be useful.

*Tips to take the stress out of mornings:*

- *Think about an alarm clock for children who find it hard to wake up or do not like getting out of bed.*
- *Tackle the morning as positively and as optimistically as you can. Good moods can*

*be infectious. One way to do this is by focusing on the positive aspects of your children's behaviour and praising them – for example, 'Great to see you eating some toast'.*

- *Give your children calm, clear instructions about what you want them to do, and follow up with specific praise as soon as they start to cooperate. You might need to remind younger children more often about what they are meant to be doing and when. Simple 'to do' checklists, even with pictures, can help.*
- *As your children get older and more capable, encourage them to do more for themselves – for example, an eight-year-old can get dressed on his own, make his own breakfast, and tidy up after himself. A five-year-old can do things like putting his lunch box in his bag.*
- *Cut down on distractions like television, tablets and other devices. Many families have a rule about no screen time in the morning. Think about leaving screens off, unless screen time is a special treat for being ready on time.*

- Try not to give your children extra attention for arguing, whining or stalling. Even negative attention is an incentive for them to keep going with this behaviour.
- Make it fun – for example, try something like a 'Beat the buzzer' game to encourage your child to be ready on time.

Sometimes children drag out the time in the morning as a way to avoid school. If you think this might be happening with your child, it is a good idea to check in with your child's teacher to make sure there aren't any problems that are causing school refusal.

Source:

[http://raisingchildren.net.au/articles/school\\_morning\\_routines.html](http://raisingchildren.net.au/articles/school_morning_routines.html)

Next week is **NAPLAN**. Our grade 3 and 5 children will be doing the very best they can over the three days of testing. We undertake a range of assessments in classrooms throughout the year, which gives our class teachers a very detailed picture of your child's learning in English and Mathematics. This is the information they use to continually monitor and progress the learning of your child.

During May each year, the Department of Education requires all of our Year 3 and 5 students to undertake the NAPLAN tests. Whilst many students find these tests okay, I also know that the performance of some of our students will be adversely effected by anxiety. We want to alleviate these heightened levels of anxiety as much as possible, and teachers will be trying to make sure that the students are as open to learning as possible throughout the testing period. I have included in the newsletter this week, an article one of our parents shared with me, written by Andrew Fuller, who is a Clinical Psychologist and Family Therapist. Many of you may have attended his information session earlier this year at Mirboo North SC. This article has many suggestions for lowering anxiety levels before NAPLAN. I hope you find it of use.

If you have any questions or concerns about your child sitting the NAPLAN tests, please see your child's class teacher. If you do not want your child to sit the NAPLAN tests for any reason you have to let me know- otherwise we expect all children to participate.

Enjoy your week.

**Tamina**

## Leadership Day

On the 24<sup>th</sup> of April student leaders from Yinnar Primary School went down to the Yinnar Recreation Reserve for a Leadership Day. For those of you who don't know what a Leadership Day is, we will explain it to you. A Leadership Day is where student leaders gather to do leadership based activities.

Leaders were introduced to the day once they arrived at the oval. Part of the introduction was watching a short video about geese flying in a > formation. We watched this to show how we should stick together and collaborate like the geese. Leaders also did something called the 'Diamond Nine'. The Diamond Nine is where you have a selection of qualities in a leader [nine qualities] and order them from most important to least important. Public speaking was also a big part of the day. The leaders practised speeches that had been given to them. These are just few of the activities done at the Leadership Day.

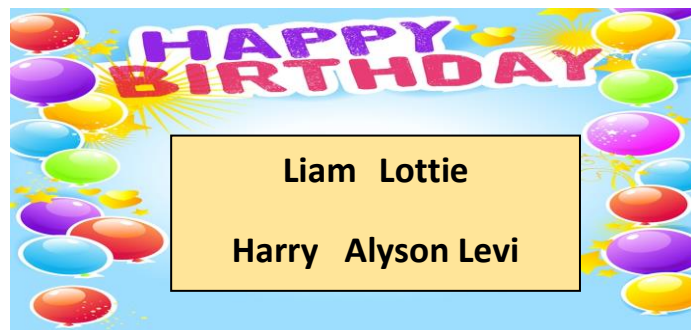
Overall, leaders from Yinnar Primary School enjoyed the day.

**By Troy and Ella W**

### LEARNERS OF THE WEEK

Congratulations to our Learners of the Week:

*Prep N- Lachlan, 1 T- Abbi , 1/2H- Aiden G, 2/3W- Aleena, 3/4H- Billy, 3/4 L- Grace, 5/6C- Caleb and 5/6T- Ruby.* Well done and keep up the great work.



**Liam Lottie**

**Harry Alyson Levi**

**MARKET**

**YINNAR MEMORIAL  
HALL**

**SUNDAY  
7<sup>th</sup> MAY 2017  
10 a.m. - 2 p.m**

**GOLD COIN DONATION**

# Preparing for NAPLAN

## Andrew Fuller

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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 affect if you pass the year or not.

We want you to do your best on NAPLAN but we don't want you to worry about it. Worry never helps you to do your best. 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 non-essential 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 NAPLAN 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 NAPLAN. 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, increase anxious feelings 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 ready .

**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.

Andrew's most recent book is "*Unlocking Your Child's Genius*" (Finch Publishing, 2015).