<table>
<thead>
<tr>
<th>IMPORTANT DATES</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>May</strong></td>
<td></td>
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<tr>
<td>Monday 4th</td>
<td>7-12 Black Ranges Athletics Carnival - Stawell</td>
</tr>
<tr>
<td>Tuesday 5th</td>
<td>F-6 Black Ranges Cross Country -</td>
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<tr>
<td>Thursday 7th</td>
<td>7-10 Girls Football - Horsham</td>
</tr>
<tr>
<td>Friday 8th</td>
<td>7-10 Motivational Media</td>
</tr>
<tr>
<td>Monday 11th</td>
<td>Year 10 Work Experience starts</td>
</tr>
<tr>
<td>Tuesday 12th</td>
<td>Naplan testing starts</td>
</tr>
<tr>
<td>School Council</td>
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<td>Thursday 14th</td>
<td>Naplan testing finishes</td>
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<tr>
<td>Black Ranges – Senior Football and Netball</td>
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</tr>
<tr>
<td>Friday 15th</td>
<td>Year 10 Work Experience finishes</td>
</tr>
</tbody>
</table>

**Week 4 Term 2**

**NAPLAN (Tuesday May 12th to Thursday May 14th)**

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an everyday part of the school calendar since 2008. All students in these year levels are expected to participate in the tests.

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling and numeracy. The assessments are undertaken nationwide every year. NAPLAN is made up of tests in the four areas (or ‘domains’) of:

- reading
- writing
- language conventions (spelling, grammar and punctuation)
- numeracy.

NAPLAN tests skills in literacy and numeracy that are developed over time through the school curriculum. Murtoa College has had good NAPLAN results in the past and we would like to continue to show these results in publically available websites such as MY SCHOOL. It is really important to ensure that all students in these year levels participate in order to continue this proud and positive trend.

**Motivational Media**

Next Friday May 8th the Motivational Media team will visit our year 7 to 10 students. This has turned into an annual event with the students looking forward to the presentation.

Motivational Media aims to both challenge and inspire young people to develop strategies that will enable them to reach their true potential so that their life choices will not be diminished through avoidable, reckless and harmful behaviours.

The team will be presenting the feature IMPACT with the presentation asking, “what difference are you going to make on the world?” We are always making an impact; good or bad! It’s up to us to choose.

Motivational Media tours Australia showing IMPACT in schools using the latest sound system and projection technology. The presented image in schools is 13 metres by 3 metres high. Guaranteed to make an Impact!
Mother's day
This Sunday is Mother’s Day. I am sure that the mother’s in Murtoa will be spoilt and so they should. I marvel at how the mothers in this world take on the responsibility of making sure their children want for nothing. They sacrifice a lot and ‘giving’ is their moto. So, to the rest of the Murtoa College community please make sure you go out of your way to make sure your mother is treated just that little bit special for that one day in the year. To all our mothers, have a wonderful day this Sunday!

The week that was! (Week 3 Term 2)

Student Attitude to School Survey
Over the last two weeks students in grade 5 through to year 12 at our college have completed the annual Student Attitude to School Survey. This survey is anonymous and provides an invaluable opportunity to obtain direct and highly valued feedback from our students regarding a wide range of aspects of their school. It has been very pleasing that the survey results have been improving annually for a number of years and we are hoping that the efforts that both our students and staff have made to further improve our college will again be acknowledged.

Something to think about!

Eating healthy
Students need to eat healthy food. This needs to happen regularly throughout any school day. A good breakfast followed by a healthy lunch and plenty of snacks throughout the day. Growing students need to be ‘fuelled up’ so they can cope with the rigours of a full day at school.

We are running a breakfast club on a Wednesday morning to assist with this. It is a huge success with around 50 students attending. I wonder if we need to run it each day. At the moment we are monitoring it but this brings me to the point above, a healthy lunch. It is interesting to see what the students are eating at lunchtime. As a parent myself the focus in the morning comes down to making sure the lunches going with the family members is adequate for the daily energy requirements. The following is a suggestion for parents when preparing lunches:
I hope this helps!

Here are six steps to a healthy lunchbox by Dr. Joanna McMillan

1. Choose a smart carb.
These are the carb-rich foods that are slowly absorbed, giving your child a steady stream of glucose to feed his/her brain. They help them to concentrate in the classroom and give them the energy to run around during playtime. Options include wholegrain breads and wraps for sandwiches, wholegrain or white pasta (both are low GI but whole grains have more fibre, if you can convince the kids), brown rice or quinoa made up into a salad.

2. Add a protein-rich food.
Rather than always relying on packaged processed meats, try poaching chicken breasts and keeping sliced in zip lock bags in the fridge, or cooking extra meat or salmon the night before and using in sandwiches or salads. Favourite sandwich fillings in our house include shredded chicken & grated apple in olive oil mayo, tuna sweetcorn and beans in mayo, ham (off the bone better) and cream cheese, turkey & avocado, hardboiled egg & mayo, or cheese & grated carrot.

We should not be teaching our children that eating a sweet treat at the end of every meal is necessary. I spend so much time undoing these bad habits in adults, yet we think nothing of it with our kids!

3. Add vegies and fruit.
My kids like many do not like salad, especially leafy greens in their sandwiches so don’t stress about it. As they get older they will be more likely to try these things, but the crucial point is to make sure the other ingredients are good quality foods. Try to add some sort of fruit and/or veggie in whatever form you can. Grated carrot, sliced cucumber, roast veggies mixed through pasta or brown rice, or raw veggie sticks and cherry tomatoes are all good options.

Then add a piece of fruit. Make it easy for your child to eat and it’s more likely they will. I slice apples and put them into zip lock bags, peel their oranges or give them a tub of berries or grapes. A banana holder is a great way to ensure the banana doesn’t turn to mush by lunchtime. Little packs of fruit in natural juice are also a fine stand in for when you have run out of fresh.

4. Add a dairy food.
Kids have high requirements for calcium and dairy foods are hard to beat for this mineral. I love the drinking yoghurt packs and you can freeze these. Add them frozen to the lunchbox and it helps keep everything cold. Cheese sticks and other individual cheese portions are perfect. If your child can’t have dairy use calcium-fortified dairy alternatives.

5. Add a healthy snack bar of some sort for recess.
Most schools are nut free so you need to check the ingredients list of commercial bars. For the dedicated there is no doubt that homemade bars and muffins are the best option, but for most of us there is no doubt the convenience of some ready bought bars wins out.
6. Finally don't forget the bottle of water. Never give your child soft drink, fruit juice or flavoured milk regularly for school. These are laden with sugar and will get them out of the habit of simply drinking water. If all the kids have water this is the norm and no one thinks anything of it.

Finally a word about treats; some parent's feel they need to put a little treat in their child's lunchbox. Personally I think this creates problems as the other kids want the same, and you run the risk of your child filling up on the wrong things before they eat the healthy food. I also think we should not be teaching our children that eating a sweet treat at the end of every meal is necessary. I spend so much time undoing these bad habits in adults, yet we think nothing of it with our kids! They don’t need to have sweet things every day, and they should be taught to think of the yoghurt and fruit as their sweet treats. So save the bickies, lollies and chocolate for separate occasions.

Tony Goodwin
Principal

Wanted

Hands on Learning are looking for a microwave. Please contact Jenni Downer 0403 548 272 if you have one that you’re willing to donate.

RSA - Responsible Serving of Alcohol

Beginners Course
with Ian Fechner
Wednesday 10 June
6.30 pm
Rupanyup Golf Club
Cost $40 per person

Bookings essential: Phil Loats, 0429 855 136

Attention all Service Club members and students heading off to uni. This course will be beneficial to you and your Club. Please note this is a Beginners Course. Those who require a refresher/update will need to speak with Phil to make alternative arrangements.

A Rupanyup LIONS Club program

Premier’s Reading Challenge

Congratulations to the following students who has already met the Challenge: Charlie & Oscar Gawith, Noah Horvat, Felicity Okely and Curtis Brown.

The Reading Challenge is a really good way to motivate your child to read more and try new and exciting titles. There is a huge range to choose from, and it’s not just fiction and short stories but also there are non-fiction, and even graphic novels to choose from.

It’s still not too late to register. For information on the Challenge visit the website http://www.education.vic.gov.au/about/events/prc/Pages/default.aspx

To register, please see Mrs Reading in the library.
### WHOLE SCHOOL

**Xuno Parent and Student Portal Assessment Results**

<table>
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<th>Class</th>
<th>Subject</th>
<th>Task/Unit</th>
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</thead>
<tbody>
<tr>
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<td>German</td>
<td>Numbers</td>
</tr>
<tr>
<td>5/6</td>
<td>English</td>
<td>Comprehensive Assessment of Reading Strategies (CARS)</td>
</tr>
<tr>
<td></td>
<td>English</td>
<td>Writing Response</td>
</tr>
<tr>
<td>8</td>
<td>B - Mathematics</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>A – Mathematics</td>
<td>Algebra</td>
</tr>
<tr>
<td></td>
<td>B – Mathematics</td>
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**Dates:**

- Tuesday 5\(^{th}\) May, Black Ranges F-6 Cross Country in St Arnaud
- Tuesday 12\(^{th}\) May, NAPLAN
- Wednesday 13\(^{th}\) May, NAPLAN
- Thursday 14\(^{th}\) May, NAPLAN
- Friday 15\(^{th}\) May, Lightning Premiership Football and Netball in Birchip
- Tuesday 19\(^{th}\) May, Kasa Jizo (CEP) in Murtoa
- Friday 21\(^{st}\) August, Dunmunkle Sports Association F-6 Athletics in Minyip

**Primary News**

We are only one week out from NAPLAN for the Year 3, 5, 7 and 9 students this year. It can often be a challenging time for students and staff, so please ensure that you contact the school if you have any queries or concerns. We have published a separate document later in the newsletter which will give you extra information.

Eight Year 4, 5 and 6 students will be representing Murtoa College at the Black Ranges Cross Country at Lord Nelson Park in St Arnaud tomorrow. We wish them the best of luck and know they will all represent the college in a positive manner.

Finally, it is Mother’s Day this Sunday! Hopefully there will be lots of special efforts made and perhaps even breakfast in bed. We would like to wish all of the mothers in the community a Happy Mother’s Day.

Mr Brad Venn

Acting Assistant Principal
Students of the Week

Back row: Jai, Darcy, Mikey, Ms Boehm, Jorja and Finley.
Front row: Ari, Charli, Johnno and Will

Reading Awards

Back row: Noah, Archie, Cameron, Jorja, Wayne and Tyler.
Front row: Oliver, Zachary, Matilda and Ebony.

Murtoa College Primary – Values Awards

Makai.

<table>
<thead>
<tr>
<th>Birthdays</th>
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<tbody>
<tr>
<td>4th May – Mrs Venn</td>
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<tr>
<td>5th May – Mr Venn</td>
</tr>
<tr>
<td>6th May – Jorja</td>
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<tr>
<td>9th May – Tilda H</td>
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<thead>
<tr>
<th>Primary Assembly Hosting</th>
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<tr>
<td>Week 4 – Year 5/6</td>
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<tr>
<td>Week 5 – Year 3/4</td>
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<td>Week 6 – Year 2/3</td>
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<td>Week 7 – Year F/1</td>
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<td>Week 8 – Year 5/6</td>
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<td>Week 9 – Year 3/4</td>
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<tr>
<td>Week 10 – Year 2/3</td>
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<tr>
<td>Week 11 – Year F/1</td>
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This term we have been practising our Creative Writing using the genres of Narrative Writing and Persuasive Text. The children quickly set up a plan mainly using words. This allows them to order their thoughts and stops them from straying into irrelevant information when writing. It also helps them structure their work into paragraphs. As they write the story each paragraph should have a main idea followed by some facts and details about that idea. With practice their work should begin to flow. The hardest factor is working within a specific time frame. This means that the children have to learn to think and write at the same time. The following stories were planned and written in 40 minutes.

Narrative – “The Rattling Box” by Will Gellatly

I walked into the office and I heard a rattling noise. I yelled out, “MUM!! I can hear a rattling noise.”

Mum came in. She said, “What happened! I can hear a rattling noise. Oh, here is a box. It is taped up.” It sounded like a bunch of mice. I felt scared. Mum felt scared too. It was crazy like hell!

Mum said that she was going to the kitchen to get a stabby knife to cut it. Suddenly she said, “Oh, where is your little brother?”

I said, “I don’t know. He is probably with Dad.”

Mum was scared and shakey as she opened it up. RRRRRrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrr Out jumped my little brother, Josh! He is five years old and just a little devil. Josh thought it was funny but it was NOT funny for Mum and I. I was puffing. Mum was puffing too.

Dad came home from work and said, “What happened?” We told him that Josh was hiding in a box and he scared us.

Persuasive Text – “Chocolate Is Good For You.” By Jorja Gardy

I think that chocolate is bad for you because it is very sugary.

It is bad for your teeth. If you eat too much chocolate you will get holes in your mouth. You will have to go to the dentist. You will get lots of cavities in your teeth.

Too much sugar is not good for you. If people eat too much chocolate they will get a sugar rush. This will make them feel YUK!

Chocolate is NOT HEALTHY for you.

Chocolate is an energy food. Some people eat too much chocolate and get too much energy. Sometimes when people eat too much they get sick. They do not feel well.

I think that chocolate is bad for you. Some people eat too much of it. THAT’S WHY I think chocolate is BAD!
Hello from year 8 Home Economics

On the menu in week 4

8A – chicken parmiganas with vegetables and choc self saucing pudding

8B – Using ricotta made in science: Ricotta and vegetable fritters and baked choc chip ricotta cheesecakes

In week 5, 8A will be using their homemade ricotta and 8B will make the parmas and puddings.
CONTAINERS – 8A Tuesdays and 8B Fridays.
# Sport Dates for Term 2, 2015

Please note: there have been some changes

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>WEEK 4</td>
<td>Monday</td>
<td>May 4</td>
<td>All day finish at 3pm Black Ranges Athletics (Stawell)</td>
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<tr>
<td>WEEK 4</td>
<td>Wednesday</td>
<td>May 6</td>
<td>All day GWRegion Inter &amp; Senior Volleyball (Horsham)</td>
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<tr>
<td>WEEK 4</td>
<td>Thursday</td>
<td>May 7</td>
<td>All day Black Ranges &amp; Little Desert GIRLS Football (Horsham)</td>
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<tr>
<td>WEEK 5</td>
<td>Thursday</td>
<td>May 14</td>
<td>All day Black Ranges &amp; Little Desert Senior B Netball (Horsham)</td>
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<tr>
<td>WEEK 5</td>
<td>Thursday</td>
<td>May 14</td>
<td>All day Black Ranges &amp; Little Desert Senior B Football (Horsham)</td>
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<tr>
<td>WEEK 6</td>
<td>Monday</td>
<td>May 18</td>
<td>All day Black Ranges &amp; Little Desert Inter B Netball (Horsham)</td>
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<tr>
<td>WEEK 6</td>
<td>Monday</td>
<td>May 18</td>
<td>All day Black Ranges &amp; Little Desert Inter B Football (Horsham)</td>
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<tr>
<td>WEEK 6</td>
<td>Wednesday</td>
<td>May 20</td>
<td>Period 4 into lunch HOUSE Cross Country</td>
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<tr>
<td>WEEK 7</td>
<td>Thursday</td>
<td>May 28</td>
<td>All day Black Ranges Cross Country (Murtoa) Murtoa convening</td>
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<tr>
<td>WEEK 8</td>
<td>Monday</td>
<td>June 1</td>
<td>All day Black Ranges &amp; Little Desert Year 8 Netball (Horsham)</td>
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<tr>
<td>WEEK 8</td>
<td>Monday</td>
<td>June 1</td>
<td>All day Black Ranges &amp; Little Desert Year 8 Football (Horsham)</td>
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<tr>
<td>WEEK 8</td>
<td>Thursday</td>
<td>June 4</td>
<td>All day Black Ranges &amp; Little Desert Year 8 AFL 9’s</td>
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<tr>
<td>WEEK 9</td>
<td>Tuesday</td>
<td>June 9</td>
<td>All day Black Ranges &amp; Little Desert Year 7 Netball (Horsham)</td>
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<tr>
<td>WEEK 9</td>
<td>Tuesday</td>
<td>June 9</td>
<td>All day Black Ranges &amp; Little Desert Year 7 Football (Horsham)</td>
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<tr>
<td>WEEK 9</td>
<td>Friday</td>
<td>June 12</td>
<td>All day GWRegion Cross Country (Warrnambool)</td>
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For more information and details of GWR and State events please refer to SSV website. See below.

[www.ssv.vic.edu.au](http://www.ssv.vic.edu.au)

The place to go to find all information regarding Victorian School Sport

“Save it in your favourites”

Once in the site, navigate your way using the blue rectangular buttons down the left hand side.

You will find; dates, draws, competition conditions, results and photos.

On the 'Home' pages you will find a calendar as well as important competition dates and Coordinator contact details.

For the Greater Western Region information:

- Sports Regions
- Greater Western Sports Region
- Greater Western Sports
- (Select the required sport)

For your Division information:

- Sports Regions
- Greater Western Sports Region
- Greater Western Secondary Division
- (Select your Division name)
- (Select ‘Division Name’ Sports)
- (Select the required sport)

Please look at any other relevant pages on the website.

You will find the most up to date information on all aspects of School Sport in Victoria.
Training in Minyip

Football

U17’s

Still searching for that elusive first win but getting closer every week, the boys were coming home like a steam train but ran out of time. Keep getting behind Derek and Gus and the wins will come. Best this week were Jake Ballagh in a good 4 quarter effort ably assisted by captain Nic Kelson and David Horvat with Ferg and Cheno doing their best, Keegan Fallon won the incentive this week. Goals were 2 to Nic Kelson and Charlie Taylor with singles to Hayden Farlow, Jake Ballagh, Darcy Edgerton and Riley Keel.

Derek Cameron 0428 316 319 derekjcameron30@gmail.com
Bruce Gardy 0428 861 922 jbgardy@bigpond.com

U14’s

Another big win for the boys this week against Dimboola. Some great passages of team play resulting in plenty of goals scored. Mercy rule applied in the second quarter which saw some of our boys play for Dim in the second half. This evened things up for the remainder of the game so thanks to those who did that.

Result MM 10/5/65 Dimboola 0/0/0

Goal Kickers Ronan Garth/Lindsay 4, Harry Reither 2, Jack Pidgeon 2, Braydon Rundell 2, Connor Drum 2, Riley Drum 2, Will Burke, Logan Petering, Richard Maher

Best Players: Logan Petering, Nick Ballagh, Darcy Edgerton, Jordy Delahunty, Braydon Rundell

Gavin Young 0417 372 120

Team Manager – Leigh Bell 0427 861 409 bellvale552@gmail.com

Auskick/U 12’s

Training this Thursday.
Was good to see so many kids travel to Dimboola, thanks to all the parents. It certainly was worth it, our first win for the season - 23 to 19. Great to hear the boys singing the Burra’s song. Goal kickers were one a piece to Oscar Gawith, Blade Foster and Nic Ballagh. The Bendigo Bank Award went to Tyler Pidgeon. The McDonalds Vouchers to Lloyd Baker and Reece Hammond. A special mention to Tuskan McAlpine and Jimmy Finnigan.

There is a game this Saturday against Horsham at the Horsham City Oval. All players to be at the ground by 2pm to play straight after the U14’s.

Please contact me if you have any queries.
Nat Johnston 0428852308 natalie.johnson8@bigpond.com
VOLLEYBALL TOPS & HOODIES ORDER – ENDING MAY!!!

If your child is wishing to compete in Volleyball at Murtoa College they must order a top. *Hoodies are an optional part of the uniform.*

*Playing Tops: $45*

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<th>VOLLEYBALL UNIFORM ORDER FORM</th>
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</tr>
<tr>
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</tr>
<tr>
<td><em>(Compulsory if playing)</em></td>
<td>Playing Number</td>
</tr>
<tr>
<td></td>
<td>1&lt;sup&gt;st&lt;/sup&gt; pref:</td>
</tr>
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<td></td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; pref:</td>
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<tr>
<td><strong>Hoodie Jumper (Optional)</strong></td>
<td><strong>NO</strong></td>
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<td></td>
<td><strong>YES</strong></td>
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</tbody>
</table>

**Total Payable:**

*(Must be paid at the office prior to order) $*

Sizes will be confirmed for your child at school by Mr. Argall or Mr. Bray.
When I was busy at work I would often think about what my wife must be doing. I used to conjure up an image of her playing happily with my three-year-old son in the sandbox at the local playground while the other two children slept peacefully nearby. With these images at the front of my mind I thought motherhood sure beat working for a living.

Many years ago I discovered how far from the truth my notion of motherhood really was when my wife and I swapped roles. I must confess that two of the children were at school so I had it easier than my partner but it was as close as I could get.

The first thing I learned was that while I may be the primary carer I could never be a substitute mother to my children. Take sickness or illness for example. When one of the kids was off-colour, had a cut or bruise or just needed some tender loving care they headed straight for their mother. Dad may do in the meantime, but I was a pale imitation of the real thing, their mum, when it comes to dispensing comfort. I could give them just as good a hug as any female. It is just that their mum was well... their mum. It is as simple as that.

I also learned there are some things that fathers can’t do as well as mothers. In my case it was fixing my daughters’ hair. The first time I put my youngest daughter’s hair in a plait she cried. Not from pain, just the embarrassment of being seen in public with a hair-do that looked like a piece of knotty, old rope. It became accepted in my house that ‘dads don’t do hair’.

I soon appreciated the unique skills that mothers develop if they are to survive the rigours of parenting on a daily basis. In particular, mothers seem to have the uncanny knack of doing three jobs at once while dealing with noisy or whingeing children.

**Multi-task masters**

Anyone who can cut a round of sandwiches, prepare breakfast for a family, find a missing pair of socks for tiny feet while making sure everyone is on track, has my vote. I have trouble getting myself dressed in the morning, let alone worrying about anyone else.

There is no place in a mother’s repertoire for tunnel-vision or focusing on one task at a time. These are luxuries reserved for the workplace, not the family home. The fact that kids are noisy, demanding and often unpredictable means anyone who spends a fair time in their vicinity must be flexible, patient and able to keep cool under extraordinary pressure. Qualities I still don’t possess.

Take cooking for example. The job of preparing a decent meal wasn’t too hard. I could – and still can – usually produce something quite edible with a minimum of fuss. However, rarely did I have the chance to cook in isolation. There was always a child interrupting, asking for help or just wanting to chat. Not to mention fitting cooking around bathing, hearing kids read or picking them up from sports practice.

An increasing number of mothers do full-time paid work then come home for their second shift of parenting. Any mention to these mothers of my trials with the juggling act, simply evokes a shoulder shrug and a ‘welcome to the real world’ look.

If anyone says that motherhood is not like real work, send them my way. After many years of being the primary parent to my children – usually the preserve of women – I can really set them straight. It’s hard yakka that largely goes unrewarded.

Happy Mother’s Day!

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 has been implemented in 2008 and has drawn some criticism from students, particularly regarding 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 way 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 their stride here are some tips to help prepare for the NAPLAN tests:

1. **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.

2. **Give them some relaxation ideas:** Anxiety 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.

3. **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.


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What is the law regarding bicycle helmets?

The wearing of bicycle helmets became compulsory in Victoria on 1 July 1990.

Under the law, the rider of a bicycle

or a scooter

must wear an approved bicycle helmet securely fitted and fastened on the rider’s head.

For further information visit www.vicroads.vic.gov.au

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