Dear Parents,

**FETE**
The time has come, the Fete is almost here! I’m looking forward to seeing you all at our Fete this Saturday. There are rides, stalls, great prizes to be won in the auction, entertainment and plenty of food. Many thanks to Sandra McGregor, Sandra James, Jenny Thomas and our parent team for the fabulous organisation they have done to prepare for Saturday. Hopefully the weather will be kind to us. Thank you also to all those parents who have volunteered to work on the stalls on Saturday. We still need a few more volunteers, so if your name is not down for anything please come in or ring up and let us know. We can allocate a stall for you to work on for an hour. See you all on Saturday!

**ANZAC DAY CEREMONY**
Our School and House Captains conducted a very moving Anzac Day Ceremony at our assembly last Friday afternoon. As part of this ceremony the students showed a DVD which was compiled by our Art teacher, Miss Francine and Mrs Hayden, our Librarian. The DVD depicted images of military personnel, with connections to families at Pinewood, who served during the two World Wars. The ceremony ended with the Ode of Remembrance and the laying of a wreath and flowers under the Australian flag. I congratulate our school leaders for the wonderful manner in which they conducted the ceremony.

**PARENT FORUM**
On Wednesday morning our school psychologist, Angela Delle-Vergini, presented a fabulous talk to parents on the topic of, ‘How to recognise anxiety in children’. The session was very well attended by over 30 parents. The feedback from parents was excellent, with many parents requesting another information session next term! Thank you to Angela for making the parent presentation so informative and interesting.

**NAPLAN**
NAPLAN is scheduled for Years 3&5 students on the 12th, 13th, and 14th of May. All children are expected to participate in the NAPLAN program unless parents have specific reasons for their child NOT to take part. If you have any concerns or questions, please discuss these with your child’s teacher or myself.

**PRINCIPAL’S CORNER**
When searching for advice for parents about assisting children to prepare psychologically for the NAPLAN program, I found the following article to be relevant and constructive in its content. I hope you find the following article to be of benefit.

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Karen Jenkin  
Principal
Helping students get ready for the NAPLAN tests.

By Michael Grose- Parenting Ideas
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.

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.

Karen Jenkin
Principal

Hendrix Mitchell Prep R
For the fantastic effort he is making to learn his Wizard Words and use them in his writing. Well done Hendrix!

Lucas Nguyen Prep M
For the wonderful progress he has made with his Wizard Words. Well done!

Charlie Anthonisz Prep H
For listening carefully to instructions. Charlie works hard to complete his work to a high standard. Well done Charlie!

Michael Shi 5T
For the excellent story you wrote titled ‘The Dig”. It was inventive, funny and we all enjoyed it very much. Well done!

Branden Valentan 6U
For his brilliant poem ‘ ANZAC Wishes’. It was a very touching piece, Branden. Well done!

James Kermond 3B
For his enthusiastic attitude towards his learning. James always produces high quality work.

Mia Valiontis 2D
For her engaging presentation of her kitten ‘Pendle’s’ for Fascinating Friday. Your presentation was informative and interesting.

Leo Lorenc 6H
For working hard to produce high quality work and seeking feedback to improve in his learning.

Inaya Kotadia 1JK
For being such a positive hard working and helpful member of our class. Well done Inaya!

Tiana Raimondi 2M
For always bringing a positive attitude to school and working hard to complete all activities. Well done.
There will be no School Banking Day  
**TUESDAY 5th MAY**

Royal Children’s Hospital Good Friday Appeal

Congratulations to the Pinewood Primary School community who raised the magnificent sum of $497.15.

There will be no School Banking Day

TUESDAY 5th MAY

**GRAD3 DINN**

**Straits Kitchen, Pinewood**  
**When:** Friday 8th May  
**Time:** 7.30pm  
For further details please contact Lisa: 0413 015 143  
Bookings essential. RSVP 24th April

**PARENTS CLUB NEWS**

**RESPECT  SELF CONFIDENCE  INTEGRITY  RESPONSIBILITY  OPTIMISM**

**30 APRIL 2015**

**Eric Hu  5C**  
For being a co-operative and helpful translator and for your efforts in class discussion. Keep up the great work!

**Ruhi Majumder  Prep L**  
For her enthusiastic attitude towards school and for always trying her best in class activities. Well up and keep it up!

**Jenny Oh  4R**  
For contributing more regularly during class discussions and for always being extremely polite. Keep it up Jenny!

**Shasmeen Bhimani  1A**  
For always using lovely manners and being kind to her classmates. Keep up the good work!

**Yianni Gkiokas  5K**  
For the wonderful effort you put into completing your work. You can always be relied upon to do your best. Well done Yianni.

**Dylan Schmitt  4M**  
For always putting in his best effort in all his work. You are a role model to the class. Keep up the great work.

**Chris Ardeleanu  3K**  
For being brave and sharing his writing with the whole class.

**Akila Mannapperuma  1T**  
For the wonderful effort he is putting into completing all class activities. Keep it up, Akila.

**Jasmine Janiksela  3M**  
For writing a narrative piece containing the necessary elements to engage the reader.

**PE AWARD  5C**  
For executing a range of hockey skills at a high standard.

**MOTHERS DAY STALL**

**NEXT FRIDAY (8th)**

Catalogues will go home on Monday.
Waverley Counselling

Proudly offers a

1.5hr Guided Mindfulness Meditation Session

Normally valued at $150.00

In our modern, busy lives, we are constantly multi tasking. It is so easy to lose awareness of the present moment as we become lost and stressed in our efforts to juggle work, home, finances, and other conflicting demands.

Do you live your life on “automatic pilot”? Is your mind constantly thinking of the past and worrying about the future?

Mindfulness Meditation allows you to become more aware of the “present moment”.

Becoming more aware of your present thoughts, feelings and sensations may not sound like a helpful thing to do, however learning to do this in a way that suspends judgment and self-criticism can have an incredibly positive impact on your day-to-day life.

Enjoy this session of guided Mindfulness Meditation and welcome a new, strengthened ability to concentrate, dramatically reduce your stress, and experience a greater sense of overall well-being in your mind, body and spirit.

To redeem your voucher, please call us on

0406 659 044

Ph: 0406 659 044

Email: info@waverleycounselling.com.au

www.waverleycounselling.com.au
Recorders
Our Year 4 students are making good progress on their recorders, and some will be able to bring them home this week. They must be able to play low notes without squeaking, so parents, if your child does not sound good, remind them to 'cover the holes carefully, breathe gently'. That way everyone will be happy!

Orchestra
Children should bring their instruments on all Mondays in May for Orchestra practice. Parents please help them to remember.

Marimbas at the Fete
Our 5/6 Marimba group children will be playing at the Fete this Saturday at 10.30 a.m. We hope you enjoy our music.

Open Night
On Wednesday May 27th every child in the school will perform on the stage in the school hall, between 6.45 and 8 p.m. The younger year levels will be in the first half, with older children performing from 7.30 p.m. There will be singing! there will be instruments! We look forward to seeing children perform, and are preparing in class music sessions.

Ms Heather McLaughlin
Mrs Nicole Blowfield
(Music teachers)