Dates to remember:

- **Friday 6 May**
  - Mother’s Day - Prep to Yr 2
  - Morning Tea 10.00am
  - SDSSA Winter Sport R3

- **Tuesday 10 May**
  - NAPLAN Yrs 3 and 5

- **Wednesday 11 May**
  - NAPLAN Yr 3 & 5

- **Thursday 12 May**
  - NAPLAN Yr 3 & 5
  - Yr 4 - Nara Visit

- **Friday 13 May**
  - SDSSA Winter Sport R4

- **Sunday 15 May**
  - School Working Bee
    - 9.00am – 12.00pm

- **Monday 16 May**
  - Grandparents – Special Friends Morning
    - Tea 10.00am – 11.15am

- **Tuesday 17 May**
  - Yr 4 - Nara Visit

- **Refer to the website for Notices**

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**AUSSIE OF THE MONTH**

Congratulations to Tanna S from (3/4S) for being awarded Aussie of the Month. Tanna was selected for consistently being awarded PB’s (regularly demonstrating our school expectations) and for assisting and helping others without fuss. A quiet achiever! Well Done Tanna!

**MOTHERS’ DAY**

On Sunday we celebrate Mothers’ Day and all the wonderful things our mums do for us. Our Preps-Yr2 students will be having morning tea to celebrate Mothers’ Day tomorrow. Check out these gorgeous pictures of mums drawn by our preps.

**NAPLAN**

Next week students in Year 3 and 5 will participate in the National Assessment Program – Literacy and Numeracy. These tests are held next Tuesday 10, Wednesday 11 and Thursday 12 May.

It is important that we put the ‘NAPLAN’ results into perspective. I have included an article written by Andrew Fuller as part of this week’s newsletter edition. It may be of benefit to share with your child, if they are feeling anxious or concerned with the upcoming tests. At school we have practised undertaking a NAPLAN test, to be familiar with the process and questioning techniques used. This has hopefully helped to reassure our students that there is nothing to fear - They have seen it before.
### EDUCATION WEEK – WHAT’S ON?

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday May 16</td>
<td>10 -11.15</td>
<td><strong>Grandparents/Special person classroom activity and morning tea.</strong> Grandparents have always played an important role in family life, but over the last twenty years, many have had increased responsibility for their grandchildren due to changes to life and work in families and society. It will be nice to invite them up to school and to recognise their importance in our student’s lives.</td>
</tr>
<tr>
<td>Tuesday May 17</td>
<td>2.45-3.15</td>
<td><strong>Technology Challenge</strong> Putting our racing cars to the test! Prizes for furthest travelled and best design for each level.</td>
</tr>
<tr>
<td>Wednesday May 18</td>
<td>All day</td>
<td><strong>Student Learning Showcase</strong> – Check out the wonderful work our students have produced!</td>
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</tbody>
</table>

### STUDENT SAFETY

As you are probably aware there was a serious incident nearby at Laburnum Primary School, where a man exposed himself to two students on school grounds. Police are continuing to investigate the incident. We are very lucky to have all toilets within our school buildings, minimising the risk of strangers using our facilities and putting our students at risk. We have taken this opportunity to remind students of how to respond if they are approached by someone they don’t know or who makes them feel uncomfortable.

Student safety is always a top priority at our school, and like all Victorian schools we follow a number of important established guidelines on student safety.

I would also encourage parents and carers to speak with their children about safety around unknown adults.

Some practical tips may include telling them:

- To walk directly to and from school
- Not to walk alone
- To leave the area if anything makes them feel uncomfortable
- To avoid talking to strangers
- Not to get into cars with people they do not know
- Tell a trusted adult such as a teacher or parent immediately

If you have any concerns for your child please do not hesitate to contact the school, as further support is available.

### HAPPY GREEK EASTER

Many of our families celebrated Greek Easter last weekend. I hope you enjoyed the festivities and the glorious food!

### LEAVE REPLACEMENT

Mrs Sandra Douglas will be taking leave from Friday May 13 to the end of term. During her absence 5/6D will be taken by Ms Petra Groll. Petra is a regular Casual Relief Teacher at Mount Waverley Heights Primary School. She has previously taught in the class, knows the children well and is familiar with school processes. I know you will join with me in wishing Mrs Douglas all the very best and a super speedy recovery. We also extend a warm welcome to Ms Groll.

### ASSEMBLY MONDAY 9 MAY

Preps will be presenting at assembly this coming Monday.
WORKING BEE

DATE: SUNDAY 15TH MAY 2016
TIME: 9.00AM—12.00PM

Your school needs you!!! Volunteer!!

REMEMBER
- Students should still have their hats in their bag for days when the UV Index is above 3.0 (In other words, when we have nice weather!)

LET’S CELEBRATE
- Thank you to all the parents for our first ever family movie night last Friday. We had so many parent helpers! The food was amazing and it was such a great fun night. Watching the original movie reminder me that no one is better than Gene Wilder!
- Having Kirsty O as a MWHPS parent, who can run awesome incursions about the environment, animals and sustainability for our students.
- All our mums, we wish you a wonderful day on Sunday!
- The birth of a new baby girl for the Akerstein family. Congratulations. We look forward to meeting Ariel.

Until next week,
Sharon
Sharon Reiss-Stone
Principal

Awards issued 2 May 2016

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>OOD</td>
<td>Rania K</td>
<td>For listening to teaching points, working hard and learning her MIOOW words.</td>
</tr>
<tr>
<td>12A</td>
<td>Emma A-W</td>
<td>For being a supportive team player contributing to and learning from others.</td>
</tr>
<tr>
<td>12M</td>
<td>Mea R</td>
<td>For working inclusively in a group by listening to the ideas of others.</td>
</tr>
<tr>
<td>34J</td>
<td>Erin W</td>
<td>For her thoughtful contributions to literacy group discussions.</td>
</tr>
<tr>
<td>34S</td>
<td>Kezia L</td>
<td>For readily adjusting to different personalities during group work without losing sight of her own.</td>
</tr>
<tr>
<td>56D</td>
<td>Kim C</td>
<td>For developing and discussing various arguments in persuasive writing.</td>
</tr>
<tr>
<td>56H</td>
<td>Gu G</td>
<td>For working with others during maths to solve problems.</td>
</tr>
<tr>
<td>Japanese</td>
<td>Jemma H</td>
<td>For trying hard in Japanese classes and being a responsible and respectful learner.</td>
</tr>
<tr>
<td>Art</td>
<td>Marianna S</td>
<td>For always being creative and working hard at pack up time.</td>
</tr>
<tr>
<td>PE</td>
<td>Sam T</td>
<td>For always giving his best to all sports and commitment to running club.</td>
</tr>
</tbody>
</table>
Artists of the Week:
Tilly and Katerina in Year 5/6!

This sculpture, designed to *inspire*, is incredibly creative. The Year 5/6s were asked to design and construct a sculpture, based on the works of artist David Kracov, that displayed one of the school values or goals. Tilly and Katerina constructed this tree growing out of a book, then splattered paint over their artwork for effect. I think David Kracov would be impressed!

-Mrs Geddes

Mother’s Day

Dear Prep – Year 2 Mums,

You are cordially invited to a very special Mother’s Day Morning Tea
When: Friday 6th May
Where: Prep Building
Time: 10am

The children are looking forward to your company on this day and have something planned just for you!

Mrs Despotellis, Mrs Apostolopoulos, Mr McPhee
Assistant Principal’s Report:

Curriculum Update
With Education Week just around the corner, we are very excited about the events we have planned for that week. It all kicks off with our Grandparents and Special Friends morning. This is such a wonderful morning and it is great to invite Grandparents or Special Friends to our school. Please make sure you return the reply slip to let us know how many Grandparents or Special Friends you have coming. Forms are at the office. Our Student Learning Showcase will be on Wednesday 18 May. The showcase is a celebration of student learning and achievement. It will showcase student work and demonstrate the great learning happening at MWHPS. You are welcome to view the showcase from 9am in the PAC building.

On Thursday 28 April and Monday 2 May, Nara Pre-school visited Mount Waverley Heights PS for their annual visit. On Thursday, we ran physical education and story time activities for the students. Mrs Reiss Stone read the Green Sheep and the kinder students made their own little sheep! Very cute! I played some games with bean bags and then we used the parachute!

Monday was also a great day, with Mrs Despotellis making an amazing picture with the kinder children on computers while I did a music lesson and we learnt all about high and low noises. We also used some percussion instruments and did some dancing. Thank you to our wonderful staff for supporting these type of events and getting involved. Well done to our Year 6 students who also assisted on the day.

The Year 4 students begin their ‘Community Project’ with the Nara Preschool children next week. The Year 4 students will be writing a story with the kinder students. Once written, revised, edited and published students will present it at our Nara Showcase Night on Tuesday June 21st. More details will be coming soon.

We are continuing to make excellent links with kinder and childcare centres around our area. We believe these links help kinder students with the transition to primary school and provides them an opportunity to see what a primary school environment is like.

Our second session ‘Piece Together Prep’ is on Friday June 3rd so if you know any kinder students who may like to come and join our session please see the office for a flyer.

If you are planning to enrol a sibling in Prep for 2017, please see Lynn at the office to complete an enrolment form.

Car Park
We are asking all parents to be mindful of other cars and pedestrians at our Solomon Street car park. When reversing out of a car park or driving in always double check your surroundings. We appreciate that the car park can be busy which makes it challenging but please be patient.

PHYSICAL EDUCATION NOTES:
- This week we play Huntingtower at home. Games begin 1.30pm – 3pm approx.
- Round 4 V Burwood East PS. Soccer Rounders and Girls Netball will be at Burwood East PS and I am looking for a parent to travel on the bus with the girl’s netball team. If you are free from 9 – 11am on Friday 13th May and would be willing to go on the bus with the team can you please let Mrs Douglas, Miss Hannah or myself know. AFL 9’s and mixed netball at MWHPS.
- The school cross country is Friday 20th May. The district cross country is Friday May 27th. We need parents to assist on the course. The district requires schools to supply a parent to help on the course. If we have more than one parent interested we can roster parents on for different times of the day and share the load.
- Monday 23rd May is District Athletics and if you are available to help out on this day please let me know. Even if you can do an hour, it all helps.

Thanks

Carolyn
NOW DUE - Fundraising Greeting Cards – by 2nd May

Fundraising Greeting cards should have been returned last Monday. There are 6 boxes of cards for each family with a cost of $10 for each box, which contains 10 cards. If you haven’t already returned these, then please return any unsold boxes of cards and/or the money from sold boxes to the office by Monday 9th May.

Family Movie Night 29th Apr

Willy Wonka & the Chocolate Factory

Thank you to all of the families that came along to our Family Movie Night. It was a great night enjoyed by all and the food was amazing! Well done to our Door Prize winners.

The night would not have been as successful without the help of many, many people. Some who give tirelessly at many events that are run by the PA. Thank you to Airlie, Bren, Amy, Alison, Andrew, Jen, Greg, Jane, Heidi, Noha, Renee, Ashleigh, Deb, Emily and Elias. Our sincere apology if anyone has been forgotten.

A very big thank also to all our sponsors (Educational Living, Stev-Computer and RPV Electrics) for kindly offering to assist in sponsoring the evening. If you need any assistance with computers or electrical work around the home or office please call Steve or Richard.

Specialists in helping with computer maintenance and solutions for home and business

Ph: 9878 9818
Email: stevpc@tpg.com.au

Please contact Richard from RPV Electrics for all of your electrical needs
Mobile: 0409 974 242
Email: info@rpvelectrics.com.au

Engineering Education and training from Pre-Vocational to Post-Trade
www.educationliving.vic.edu.au
Last week, we made fruits out of paper plates and made a biiiiiig mural on the wall with them, we made frisbees out of paper plates, and we also made some animals out of paper plates and minions!! It was so cool to see all the different things we can do JUST with paper plates!!

GILBERT CAME LAST WEEK! He did some shows for us, and he acted out a director, a waitress, 3 girls, and he drove a car! It took him 3 days to get here from the desert!! He was so tired when he got here so he lied on the ground and we had to scream for him to wake up and give us a wave!! Gilbert is very cheeky and lazy, but he was lots of fun and loooooves music! - Natasha 1/2 A

COMING UP NEXT WEEK --- SPY WEEK!!
M - Spy school enrollment and ID cards
T - Secret laser maze and sky ball
W - Invisible ink and playground
T - Binoculars and target practice
F - Spy school graduation ceremony and party

AND OUR EXTEND SUPER-STAR OF THE WEEK IS....... ALYSA B!

FOR: BEING SO HELPFUL AND SUCH A BIG CONTRIBUTOR TO OUR SERVICE! KEEP IT UP!

From Rylie and the kids at Extend. :)

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Come along and enjoy a Japanese cultural event. See Masahiro sensei performing at the 2016 Japanese Festival in Box Hill

**Main Attractions**
- Maid Café
- Try on Samurai Armour
- Many performances & demonstrations
- Japanese cultural exhibitions
- Japanese food & drink stalls

http://www.jcv-eu.org/wordpress/japan-festival

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Ashwood Memorial Kindergarten
17 Arthur St, Ashwood
**open day**
Saturday 14th May
10am-12pm
www.ashwoodkinder.org.au
Enrolling now for 2017/18
Spaces available for 2016!
To a child a book is not just a book; it’s a journey to wherever their imagination wants to take them.

The Lions Club of Wheelers Hill invites you, as parents, to take your children on a journey of excitement to their Book Sale at Blackflat Community Centre – Cnr. Waverley and Springvale Roads in Glen Waverley on 14 – 15th of May.

There will be 100’s & 100’s of books for children of all ages, from infants through to teenagers.

Prices for these books range from $0.50 to $3.00 and the doors will open at 8.00am on Saturday and at 9.00am on Sunday.

Oh yes, we also have 1000’s & 1000’s of books for adults as
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 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 nerdy. 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 it 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 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).