DATES TO REMEMBER:

- Thursday, 7 May
  - AFL Clinic P-6
  - Bookclub Orders Due
- Friday, 8 May
  - Mother’s Day Stall
- Tuesday, 12 May
  - Naplan Tests Year 3 & 5
- Wednesday, 13 May
  - Number Facts and Strategies Workshop for parents 2:00pm
  - Naplan Tests Year 3 & 5
- Thursday, 14 May
  - Naplan Tests Year 3 & 5
  - AFL Clinic P-6
- Friday, 22 May
  - Under 8’s Day
- Thursday, 28 May
  - P&C Meeting 9:00am – all welcome!
- Saturday, 30 May
  - Bonfire Night

NEWS FROM THE SCHOOL

One student from each class who has displayed the whole school Value of the Week (from Values for Australian Schooling) in conjunction with the school motto of *Nothing But The Best* are awarded a *Nothing But the Best* Award each week.

This week our teaching team is looking for the students who best exemplify *Respect*.

Treating each other with consideration and regards, and respecting another person’s point of view are ways that we can demonstrate respect for ourselves and other people. Real respect is something that is earned. One earns another's respect by voluntarily doing things such as taking that person's feelings, needs and thoughts into consideration. Respect seems to be like a boomerang in the sense that you must send it out before it will come back to you.

Respecting someone means respecting their feelings and their needs. We can do this by:

- asking them how they feel
- validating their feelings
- empathizing with them
- seeking understanding of their feelings
- taking their feelings into consideration

Respect for others is one of the most important lessons that we want to teach our students at The Caves State School. To learn respect, children need to be able to see the adults in their lives show respect to each other. It is important that parents and caregivers, as well as school staff, show respect when dealing with each other. It is a way that we create a safe school environment for staff, volunteers, students, parents/caregivers and visitors.
THANK YOU
A very big thank you to Hollie & Daniel Hinchliffe for spraying the weeds in the front garden, and around B Block area (Prep Building) over the weekend! It is very much appreciated.

WHOOOO CAN HELP?
A few more owls need to be fed this week! If you can help with just one of these jobs, please contact the office.

- Moving the piano from the Multi-Purpose Building to A Block (upstairs) classroom.
- Anzac Day Wreath – Our wreath needs rejuvenating, or we need a new one created if anyone is feeling a little crafty
- Pruning and weeding of garden beds.
- Marking of oval for Sports Day (between 13 - 18 June)

MORE NEWS FROM THE SCHOOL
We are all delighted to see how well Mrs Buch’s tree is flourishing.

It bore its first bloom last week.

We were also very proud to be the recipients of certificates from the Mayor of Livingstone Shire Council for our Year 2-7 students’ contribution to the Centenary of Anzac Art project. Mayor Ludwig and a number of local councillors attended parade on Monday to make the presentations to our students.

As we write, we currently have eight students participating in the Rockhampton District Cross Country competition. Best of luck to:

- Emily Jones
- Julia Jones
- Alanna Tighe
- Nate Everingham
- Isaak Proposch
- Riley Rolfe
- Darcy Jones
- Rose Robinson

FROM THE PRINCIPAL
Congratulations to the recipients of last term’s Nothing But The Best awards who displayed Honesty & Trustworthiness: Annie Boswood, Matilda Peff & Katherine Tait.

My warmest wishes to all of our mums for a very happy Mother’s Day on Sunday.

Yours in education,

Sandra Porter
Principal

A mother is she who can take the place of all others but whose place no one else can take.
~Cardinal Mereillod
PARENT WORKSHOP
On Wednesday, 13 May, from 2:00 – 3:00pm, we will be running a free workshop on Number Facts and Maths Strategies, for all interested parents. The workshop will give you a brief overview of how we teach number facts and strategies for addition and subtraction, so that you can assist your child in learning these all-important basics for numeracy.

The workshop will run in Miss Porter’s maths classroom.

PREMIER’S READING CHALLENGE
The Premier’s Reading Challenge (PRC) is an annual state-wide initiative for students up to Year 9. Over the past ten years, more than 10 million books have been read, and in 2014 alone over 108,000 students participated in the challenge. This year, it is being held from the 19-28 May.

The challenge is not a competition, but aims to improve literacy and encourage children to read widely for pleasure and learning.

For a student to successfully complete the challenge, they must read or experience the allocated number of books for their year level during the reading period. This year, the Premier has challenged all state and non-state school students from Prep to Year 2 to read or experience 20 books, Years 3 and 4 to read 20 books and Years 5 to 9 to read 15 books.

Students who complete the challenge have their efforts recognised through the receipt of a Certificate of Achievement signed by the Premier of Queensland.

At The Caves State School, we’re aiming for 100% participation and 100% completion again. For more information, go to [http://education.qld.gov.au/schools/readingchallenge/index.html](http://education.qld.gov.au/schools/readingchallenge/index.html).

BOOKCLUB
Issue 3 was sent home last week.

All orders and payment are due to the school office by 9am Thursday, 7 May.

INTERSCCHOOL SPORT DISTRICT SELECTION TRIALS
- 12yrs Boys & Girls Softball (born 2003-2005)

For more information, please contact the office.

NAPLAN TIMETABLE

<table>
<thead>
<tr>
<th>Monday 11 May</th>
<th>Tuesday 12 May</th>
<th>Wednesday 13 May</th>
<th>Thursday 14 May</th>
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<tr>
<td><strong>Official test date</strong></td>
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<tr>
<td><strong>1. Language conventions</strong></td>
<td><strong>2. Writing</strong></td>
<td><strong>3. Reading</strong></td>
<td><strong>4.1 Numeracy</strong></td>
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<tr>
<td>Yr 3: 40 min</td>
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<td>Yr 3: 45 min</td>
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<td>Yr 7: 45 min</td>
<td>Yr 7: 45 min</td>
<td>Yr 7: 65 min</td>
<td>Yr 7 (calculator): 40 min</td>
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<tr>
<td>Yr 9: 45 min</td>
<td>Yr 9: 45 min</td>
<td>Yr 9: 65 min</td>
<td>Yr 9 (calculator): 40 min</td>
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<tr>
<td><strong>20 minute break</strong></td>
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<td><strong>20 minute break</strong></td>
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For Yr 7 (non-calc.), 40 min

For Yr 9 (non-calc.), 40 min

For Yr 7 (calculator), 40 min

For Yr 9 (calculator), 40 min
NAPLAN

NAPLAN is less than a week away. NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. It is important to remember that NAPLAN tests are not pass/fail tests. At the classroom level it is one of a number of important tools used by teachers to measure student progress.

Excessive preparation is not useful and can lead to unnecessary anxiety. Our teachers have ensured that students are familiar with the test formats and will provide appropriate support and guidance. Most of the test-doing skills, such as time management, reading through questions and knowing what to expect, has been taught by our teachers. Our children have also been given the chance to do some practice exams.

But parents can also help their children face the pressure of tests and exams. Many children will cope well with the challenge of tests, exams and assessments but parents and carers should be aware of how their responses can add to, or relieve, the pressure felt by children.

Sometimes children tell us how they are feeling through their behaviour. These changes in behaviour could indicate stress or nervousness:

- being more irritable
- easily upset
- clingy or fidgety
- displaying less interest in activities they normally enjoy

Some children can find it difficult to put into words how they are feeling, so it is often up to parents and carers to recognise that their child needs some extra support.

What can parents do to help?

☺ ‘Being there’ emotionally – During times of stress, children usually need extra nurturing, comfort and understanding from their parents and carers to help them feel secure and confident. Be open and receptive to how children are feeling as well as provide comfort and attention when needed.

☺ Discuss feelings – Encourage children to talk about how they feel. Listen with empathy so they feel understood and know that their feelings are normal. Help your children to understand that talking about feelings can help to manage them.

☺ Support children’s confidence – Teach children to be brave by showing them you believe they can do it, and encourage them to ‘have a go’ even if they are feeling nervous. Providing positive feedback for effort, celebrating successes and encouraging them to keep trying will help your children to feel confident in approaching assessments.

☺ Help with relaxation skills – Breathing slowly to calm down and helping them to imagine themselves coping well during a test are really helpful ways of managing anxiety. Doing it with them is a fun way to start.

☺ Teach helpful thinking – Instead of saying to themselves “I can’t do this” encourage them to say “I’ll give it a go”.

☺ Lead by example – Show your child how you cope positively with feeling anxious or stressed by thinking out loud e.g., “I feel a bit nervous, but I’m going to try my best”. Remaining calm and positive when your child is feeling anxious can help them to feel more confident.

☺ Help your child have clear expectations – Talking through what will happen. You may even wish to talk to the school about where the test will take place and see if you can visit beforehand. Many big tests can be held in the school hall or even off-campus.

☺ Discuss problem-solving – Brainstorm situations that might arise during the test and then come up with possible solutions with them. For example, ask them what are three things that they might be able to do if they freeze in the exam and feel sick – possible strategies include taking 10 slow breaths to calm down and refocus, taking a sip of water if it is available or letting a teacher know they feel unwell.

☺ Teach confidence-building tricks – For example, looking through the paper and completing questions they know they can answer first before trying more difficult ones.

If you’re still worried or you feel your child’s level of stress or anxiety is excessive, then talk with your child’s classroom teacher about how your child is managing at school and the resources our school can offer.
**Reading Strategy: Comprehension - Back up and Reread**

Many times when reading something, adults get to a point where we realise that we do not understand what we are reading. Somewhere during our reading, we lost concentration and therefore the meaning of the story.

When this happens, as adults, we realise that we have lost comprehension and we stop, back-up and reread.

Children are no different than we are. They need to be taught the strategies good readers use to be successful.

In learning the strategy of Check for Understanding, the children are taught to stop throughout the story and ask “who” and “what”. The Back Up and Reread strategy prompts children when they are not able to answer the questions of “who” and “what”.

**How can you help your child with this strategy at home?**

1. Model this strategy for your child. When reading with your child, stop to check for understanding. If your child has difficulty answering the “who” and “what”, remind your child to **back up and reread**. Tell your child to read slowly and think about what is being read. After doing this, stop and check for understanding again. Remember, modelling is one of the most effective teaching strategies.

2. Remind your child that using the two strategies, Check for Understanding and Back Up and Reread, together will help with remembering and understanding the story.

3. Often it is easier to understand text when you read it slowly. Encourage your child to read slowly, follow text with finger if it helps, and truly think about the meaning of the words/story.

Thank you for your continued support at home!
THE CAVES STATE SCHOOL

invites you to join us to celebrate

Under 8’s Day

on

Friday, 22 May
from 9:15 - 10:30am

for fun and games to celebrate early childhood

then join us for Morning Tea from 10:30 - 11:00.

Please bring:
a hat, a cup and a plate of healthy party food to share.

For more information, please contact The Caves State School:

Telephone: (07) 4912 6111
Fax: (07) 4934 2937
Email: admin@thecavess.eq.edu.au
COMMUNITY NOTICES

P&C NEWS

Next meeting: Thursday, 28 May at 9:00am in the Multi-Purpose building.

MOTHER’S DAY STALL
Last chance to hand in your gift tomorrow morning! Don’t forget to give your child their ‘spending money’ on Friday so they can buy you that most special Mother’s Day Gift.

If you are able to assist with the Mother’s Day stall (being held in the Multi-Purpose Building) on the day by helping to sort & price gifts, take money and wrap the gifts please let me know as soon as possible via email snowdonfamily1@bigpond.com or mobile 0459 792 546.

Thank you in advance,
Alicia Busby
Co-ordinator

BONFIRE NIGHT
If you have any old “dead” wood that you would like to donate to the Bonfire Night, please contact Alicia Snowdon 0459 792 546 to arrange a suitable drop off time. Wood for Bonfire Night will be stored at the fire site this year.

Thanking you in advance.