



# MARION PS NEWS



2021 Issue 6 E: [dl.0993.info@schools.sa.edu.au](mailto:dl.0993.info@schools.sa.edu.au) Ph: 08 82772293



Term 2 Week 2

Courage Harmony Integrity

Thursday May 6 2021



## DATES TO REMEMBER

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<b>May</b>	
Tuesday 11 – Friday 21	NAPLAN online testing window Yrs 3, 5, 7
Thursday 13	Bike Ed Session 1 Rooms 10, 11
Tuesday 18	Governing Council Meeting
Thursday 20	Bike Ed Session 2 Rooms 10, 11
Thursday 27	Bike Ed Session 3 Rooms 10, 11
	Reconciliation week 27 <sup>th</sup> May – 3 <sup>rd</sup> June
<b>June</b>	
Wednesday 9	Aboriginal Student Hearing Test
	PSMF onsite Choir assessment by Festival staff
Monday 14	Queen's Birthday
Tuesday 15	Governing Council meeting
Monday 28	School celebrates NAIDOC week

## Welcome to Week 2

### From the Principal

#### Welcome back to Term 2

It has been great to see everyone back at school refreshed from their break and ready for a term of exciting and interesting learning. Assessments will be conducted throughout this term with Semester 1 reports being written for sending home to parents in week 10. There is lots of learning ahead so make sure to get plenty of rest, eat well and turn up to school each day when well enough to do so.

#### Fundraising Committee – thank you!

Thanks to our fundraising committee and volunteer helpers for their work in putting together today's Mothers' Day Stall. It was great to see our students excited to be looking through and choosing gifts ready to give to that special person this weekend.

#### Canteen Manager position

The position of canteen manager has been advertised on the online jobseeker portal and closed last week. Our Governing Council Chairperson, Emma, and I are working through the selection process and hope to finalise this soon. In the interim, the canteen will remain closed.

#### Year 7 to High School

Last week information was sent home to all families in years 6 and 7 regarding the high school transition process. This year the process has moved online and applications must be completed through the online portal by May 21. Emails with a unique link to students' individual portal page were sent to enrolling parents listed in our records as Parent / Guardian 1. If you believe there is an error and you have not received this information please contact the school office.

#### Playground redevelopment – stage 3

We have received advice from the playground company that they expect to be onsite commencing the final stage of works from Friday 14<sup>th</sup> May. An updated design sketch is on display in the front office.

## **NAPLAN (National Assessment Program Literacy and Numeracy)**

NAPLAN will run online again this year and commences next week from the 11<sup>th</sup> to the 21<sup>st</sup> May. All students in years 3, 5, 7 and 9 nationally are assessed on their literacy and numeracy skills against the curriculum benchmarks with results reported to schools and parents in Term 3 / 4.

NAPLAN provides parents and schools with an understanding of how individuals are performing at the time of the tests and also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

There are many websites that offer tips and advice on ways that parents / carers can assist their children with managing any nerves or nervous energy that comes with any times of completing tests or assessments like NAPLAN. I have compiled the list below from a variety of websites and information sources

### **1. Focus on 'doing your best'**

Focus on 'doing your best' NOT 'being the best'. There is a huge difference between doing your best and being the best. If you consistently reinforce to your children that all you want is for them to do their best, then they will feel confident in themselves that they are capable of achieving that. It removes a lot of the pressure from the situation, which will in turn allow them to improve on what they thought they could do.

### **2. Fuel up**

Ask any educator, and they'll no doubt agree just how tough it is to teach a tired or hungry child. Fuelling your child's body with the best type of energy can go a long way to ensuring they perform their best mentally. Avoid sugary foods and fizzy drinks and keep hydrated with lots of water. When you combine a good night's sleep with a nice healthy breakfast and good wholesome meals throughout the day, the chances of the child performing at their best increases tenfold.

### **3. Remove external stressors**

'The test' can be stressful enough for young children, especially if they haven't done this type of thing before. There are a lot of things that you can avoid which will help them focus on what they need to. Arrive at school on time to eliminate any rushing stress, try and avoid antagonistic siblings and aim to remain calm and centered yourself so your child doesn't pick up on any negative/anxious energy.

### **4. Read the questions properly**

Nerves can make children do funny things, so make sure you remind them to carefully read the question a few times before embarking on their answer. Practice reading questions with your children and get them to repeat back to you what they think the question is asking. It sounds trivial, but it's a fun way of getting them into the habit of understanding what the question is actually asking. This can be half the challenge with exams and something which can trip a lot of students up.

### **5. Breathe**

It's important to remind your child/children to take a moment to stop and slowly breathe whenever they're feeling stressed or anxious. It seems like such a simple and obvious thing, but helping your child become more mindful on their breathing can really help to ease pressure. If you train your child/children to identify the warning signs of test anxiety, you can help them with some management techniques. This can be as easy as just stopping for a minute and taking three deep breaths, in through the nose and out through the mouth, which will help to keep them in the moment and focused.

### **6. Keep NAPLAN in perspective - Focus on the important things**

Remember that NAPLAN is just one assessment and that teachers and the school use this information in conjunction with numerous other data to determine a students' academic level and to aid the teacher in knowing how they can guide the student with their future education.

It is important for your child to understand that their success is not determined by this one test. Talk with your child about how their long-term learning is more important overall than the isolated test itself. The most important thing for them to remember on 'test day' is that they simply do their best. Aside from that, it's important that they eat nutritious food, have fun with their friends and drink plenty of water throughout the day to remain physically and mentally balanced. Remind your child to keep the exam in perspective, and whatever the outcome is, the world won't end and they haven't failed. If the final test result isn't as desired, remind them to focus on the positive fact that it's a chance for them to keep learning and improving. Don't forget they are still a child, and childhood is supposed to be fun.

### **Newsletters and the School Star App (repeat)**

Thank you to all families who have completed the download of the School Star communication app. Don't forget to switch on the in-app notifications so that you receive a push notification (an alert) when a message is sent from the school. The various options available refer to the tags that we will assign to a notification so I recommend that you do what I did - and Select All.

### **QR Codes – ongoing reminder**

Individual QR codes have now been allocated to all public schools, preschools and children's centres. Please remember to scan our site QR code whenever entering the building.

*David O'Connell*  
*Principal*

## OUT OF SCHOOL HOURS CARE

<b>Hours of Operation</b>	
Before School Care: 7:00-8:30am	After School Care: 3:15-6:15pm
<b>Fees</b>	
Before School Care: \$15	After School Care: Casual \$25
Pupil Free Day: \$53	Vacation Care: \$53 per day
<b>Contact Details</b>	
Phone: 8277 4486	Mobile: 0481 187 627
Email: <a href="mailto:Robyn.Shanahan17@schools.sa.edu.au">Robyn.Shanahan17@schools.sa.edu.au</a> (Please note: this is direct contact with Director Robyn Shanahan)	
<b>Bookings / cancellations</b>	
Cancellation and Emergency bookings can only be made through contacting OSHC directly on 8277 4486	
Enquiries can be made directly to OSHC or through the school Front Office on 82772293	



The children had a lot of fun learning about Taiwan and making lanterns in the April Vac care program with Charndra. Dinosaur/butterfly gardens also enabled the children to be creative and have a fun project to take home.

The July Vacation care program will be available in week 4.

Robyn (Director)



# COME & TRY RUGBY

**BOYS & GIRLS - ALL AGES**  
**TUESDAY & THURSDAY 5:30PM**  
**WAITE OVAL, URRBRAE**

Ph Gareth: 0422 504 528  
aurugbyshortblacks@gmail.com



Strengthen your relationship, address challenging behaviours and improve family connections. Children and Family Counselling supports the mental health of infants, children and their families.

- Feeling stressed and worried about your child or family?
- Is it hard to know what your child is feeling?
- Are you struggling to support your child to cope with challenges and big feelings?
- Do you want support to manage problem behaviour?
- Are you the kind of parent you want to be?

Children and Family Counselling can help improve individual wellbeing by supporting your child's mental health and your family relationships.

Suitable for families with infants and children up to 12 years old.

This service will provide counselling and mental health support for your children and you. Other family members can be involved if needed.

**Location**

South (Marion)  
Suite 500a Westfield Marion Shopping Centre,  
297 Diagonal Road, Oaklands Park SA 5046  
Phone: 08 8377 5400 | Email: [rasas@rasa.org.au](mailto:rasas@rasa.org.au)

Select Outreach locations with our community partners are available through request – please ask when enquiring.

[www.rasa.org.au](http://www.rasa.org.au) | 1800 182 325

*Relationships Australia*  
SOUTH AUSTRALIA

