



Littlehampton Primary School and Preschool

NEWSLETTER

Week 2 Term 2 2015

Diary Dates

Monday 11th May
Governing Council
Meeting 7pm

**Tuesday 12th May
to Thursday
14th May**
Naplans

Thursday 14th May
Soup Day
Fundraiser

School Assembly:
Sara Weston's Class
2.25pm



Tuesday 19th May
Cross Country :
Woodside

LAP/Multilit
Meeting 2pm
Staff Room

**Friday 22nd & 29th
May**
Preschool
Excursions to Old
Tailem Town



Friday 29th May
Friday Fiesta
5pm to 9pm

Student Absence or Lateness :

Prior to 9 am

Text 0427 016 460

with LPS, Student Name,
Student Class, Absence
Date and Absence reason.

NAPLAN

On **Tuesday 12th, Wednesday 13th and Thursday 14th May**, students in Years 3, 5 and 7 will take part in the National Assessment Program – Literacy and Numeracy, or NAPLAN, as it is commonly known.

Skills that will be tested include: reading, writing, spelling, grammar and punctuation, and numeracy.

These tests are done here at school and are considered just another part of the curriculum. Students with disability may qualify for reasonable adjustments that reflect the support normally provided to them in the classroom. Some students with very specific circumstances may be exempted from participating in the tests.

It is important for you and your child to know that NAPLAN is not a pass/fail test. It simply looks at what level students are achieving in literacy and numeracy against National Standards and compared with student peers throughout Australia.

NAPLAN cannot be studied for and students are not expected to do so. The best way you can help your child prepare for NAPLAN is to let them know that it is just a routine part of their school program, and to urge them to do the best they can on the day.

All students in Years 3, 5 and 7 are expected to participate in NAPLAN testing. Later in the year we will send parents an individual student NAPLAN report that you can use to view and monitor how your child is progressing.

More information . <http://www.nap.edu.au/naplan/parent-carer-support/parent-carer-support.html>

Preparing Children for the Tests

At Littlehampton we have a very good record of attendance for NAPLAN tests. Parents and teachers value these tests as they show a snapshot of what students can achieve, and they also enable parents and teachers to see progress over time. Each year we aim for 100% participation, and each year we achieve this for many tests for each year levels. The best way that parents can assist children to prepare for the tests is to ensure they get a good night's sleep, and come to the test with a good breakfast and a positive attitude. Encourage children to do their best, but not to worry or become anxious if there is something they cannot do, because there probably will be things they cannot do. Next week, teachers will also assist students to be settled, and a big focus for NAPLAN week at school is maintaining a settled environment. If you have any concerns, please contact Jenny Lewis.

Please find included on the next page 10 helpful tips provided by Andrew Fuller, a Clinical Psychologist which may assist in preparing your child for the NAPLAN test.

ICAS Writing and Spelling Tests

We would also like to remind parents of the ICAS tests, that students are able to enter in. The next 2 tests that need to be registered and paid for by Wednesday 11th May are the Writing and Spelling Tests. Forms are available from Debbie in the front office.

The cost for each of these tests are: Writing: \$18.70 (inc gst) and Spelling: \$12.10 (inc gst). We need 3 or more students to participate in these tests for this cost to stay low. If your child wishes to participate in this competition please come and see Debbie no later than 11th May.



Government of South Australia
Department for Education and
Child Development

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Naplan Test Tips

From Andrew Fuller, Clinical Psychologist

During next week our Year 3, 5 and 7's will be sitting the Naplan Tests. Below please find 10 helpful tips from Andrew Fuller, Clinical Psychologist to make these tests a little easier.

"No one really likes tests or exams. Here are a few tips," says Andrew Fuller, Clinical Psychologist

1. Remember everyone gets stressed during tests and everyone has to learn how to manage these feelings.
2. Know that stress is your body's way of getting ready to take on a challenge and perform at your best.

"Stress can help us to perform at high levels - as long as we know how to keep it in check"

3. Write down your concerns about the upcoming test as questions – and then write answers to those questions.

"Just writing out your fears, getting them out of your head and onto some paper helps you to gain some perspective"

4. Focus on doing your best with the questions in front of you, rather than thinking about how you did in past tests.

"Performance in any area requires presence- focus on what you have to do right now"

5. If you breathe out and count silently, "one thousand, two thousand, three thousand", you will start to feel calmer.

"The part of our calming system is activated when we breathe out slowly"

6. Maintaining a powerful posture sends a signal to your brain that tells you are feeling in charge of things.

"Your brain is extremely clever but it can also be pretty stupid. It believes what you tell it. If you hold a power posture your brain notices and decides that you're feeling fine and lowers the levels of stress"

7. Eat breakfast – a mix of protein (like eggs) and carbohydrates (like toast).

"Usually a higher protein, lower carbohydrate mix increases memory, concentration and energy"

8. Drink water. Avoid energy drinks, which may interfere with your levels of concentration.

"Energy drinks increase your levels of adrenaline making you feel wired. If you are feeling stressed you are better to drink water as it reduces your levels of cortisol- the stress hormone"

9. Get a good night's sleep.

"Before a test or exam it's best to get a good night's sleep."

10. Remember that tests and exams are important, but they are not the big predictors of life success.

If you would like more information you can download a free copy of "Preparing for tests and exams" from www.andrewfuller.com.au

Kiwanis Awards

At the last assembly of Term 1 the Kiwanis Group came and presented awards to two of our students: Tahnee Adams and Ethan Roberts. Congratulations !



Anzac Day 2015

On behalf of the Littlehampton Community Association, I wish to thank the students, staff and parents for attending the Littlehampton Anzac Day Dawn Service.


The school should be very proud of their choir, in not only their singing but the manner in which they conducted themselves. It is a credit to your school. Our thanks to the 2 students, Tahnee Adams and Ethan Roberts who lit the candles and for laying the wreath. Also a thank you to a past student of Littlehampton Primary School, Lachlan Warhurst who played the last post. Well done to all who were involved.

We look forward to working with the school again for Remembrance Day.

Karen Liebelt Secretary
Littlehampton Community Association

Newsletter correction

In the last edition of the Newsletter last term, we would like to apologise for an error on the front page about Forum leaders. We are only human and the computer saving mechanism did not help either! Here is what it should have read:

Emily is leading the Smiley Team,  not her sister Katie (your turn will come Katie!)



Fundraising



*We hope to introduce new fundraisers this year for the school.
Noah, with Ben and Georgia*

Congratulations

Congratulations to Riley Lucas on being selected in the State SAPSASA Softball Team. This is a fantastic effort for a Year 5 student and Riley is the youngest in the team. Well done Riley and good luck.

SAPSASA News

On Thursday 9th April, 40 enthusiastic and well prepared athletes travelled by bus to Oakbank for the Barker District Athletics Day.

Littlehampton Primary School had a very successful day and came 3rd overall out of 11 schools.

We had a large number of placegetters on the day. Congratulations to the following students:

10 Year Olds

Emmy Roach: 2nd in 800m
Asha Marshall: 3rd in 100m and 200m

Congratulations to the 10 Year Old relay team who gained a ribbon for 3rd place. The team consisted of the following students: Asha Marshall, Jorja Heinichke, Caitlin Bushby and Rachel Provis.

11 Year Olds

Tiah Hough: 1st in 800m, 3rd in 100m and 200m
Kade Harvey: 1st in 800m and Long Jump

12 Year Olds

Nicholas Possingham: 2nd in Shot Put
Annie Krop: 2nd in 800m
Dylan McCauley: 2nd in 100m and 3rd in 200m

Congratulations to the 12 Year Old relay team who gained a ribbon for 1st place. The team members were: Dylan McCauley, Bradley Noske, Kai Banks and Thomas Wilmott.

13 Year Olds

Jemma Lawson: 1st Shot Put and 2nd Discus
Tye West: 3rd in Discus
Jade Marshall: 2nd in 100m and 3rd in 200m

Congratulations to the 40 students who represented Littlehampton. Their behaviour, sportsmanship and participation was excellent. As a result of these achievements a number of students will attend the State Athletics Day.

'Friday Fiesta' school event

Last year at the Art Show, many parents enjoyed the social aspect of being able to relax with a glass of wine or beer, have dinner, and chat to other families while being entertained by the wonderful singers and performing buskers we have in our school community. Parents commented, "Wouldn't it be great to do this more often?!" One parent even suggested we make it a weekly event!

While we aren't quite ready to take this on weekly, we are pleased to announce that we have organised another social event for this year, our 'Friday Fiesta'. We hope that you will join us between 5 and 9 pm on Friday May 29th for a dinner of delicious burritos (meat, vegetarian and gluten free options all available) and entertainment by our students and adults in our community. There will be a bar selling wine, beer and juice, and there will be fresh hot donuts for sale by the Mount Barker Rotary Club, with proceeds going to the school.

There will be face painting, glow sticks and raffles, and other activities being organised by students.

Staff and a small group of parents are organising this event, so that most parents can just have a relaxing Friday night amongst friends. This is the main fundraiser for our Stephanie Alexander kitchen garden program this year, and as always we appreciate the wonderful support by our school community. We hope to see you there. Ole!

Hola Amigos!

You are invited to the LPS

:: FRIDAY FIESTA ::

Friday May 29th 5 - 9 pm
School P & F Kitchen Dining room
Free Entry ~ Dinner for sale

Bring the whole family for an evening of busking, Burritos and fun! There will be a bar, activities for kids and fantastic entertainment.

All proceeds to the school's Kitchen Garden program, so come along with some spare change, have some fun and raise money for a good cause!

Hot donuts for sale too!

We'll be selling glow sticks and raffle tickets

Working Bee Heroes



Last Saturday the school community worked together to complete lots of jobs in the garden. The weather was beautiful and we were amazed at how much was accomplished! It was great to get to know so many families while we worked and during our BBQ lunch together at the end.

We would like to sincerely thank the following people who were able to come along and help out,

Our 50 'Working Bee Heroes':

Matthew, Charlotte and Harriet Coppins; Mike and Remy Salter; Ajith Pallege; Bailey and Kerry Camp; Jodie, Jarrett and Charlotte King; Richard, Vicky, Ben and Finn Gautier; Darlene and Annika Hall, Chumley Fernando; Michelle, Ty and Leah Fleischer; Amanda and Baylee Pashley; Tammy Bands; Toni Burford and Darcie and Jack Bills; Alice, Nick and Emily Possingham; Lisa, Grant, Nicola and Matt Davis; Kellie, Bryn, Mikaela and Ariana Jones; Jeff Innes, Kristie and Andrew Gevers, Lisa, Stephen and Owen Hart, Brontie, Zach, Lincoln and Holly; and our very own 'blitz' team Bradley, Jack, Dylan and Harry. **Great work team!!!**



History Items required

History is one of the aspects of the Australian Curriculum that we focus on in Inquiry. Mrs McLean's Reception class are looking at household things that families would use from the past. Lots of people often have wonderful gems in their sheds. We would really like to borrow the following items: lantern, iron, washboard, kettle and any other household items from the past. If you have something that you are prepared to lend us on a short loan or donate on a more permanent basis, please bring the item into Debbie Jackson in the Front Office or Lorna McLean in Room 1 or Jenny Crossley in the Library.



WHATS COOKING IN OUR KITCHEN THIS TERM??

During this term students in the Kitchen/Garden program are creating a range of recipes from ingredients out of our garden. The students are able to cook these dishes themselves and many are very keen to cook them at home. Lots of families are commenting on how fantastic it is to have their children already cooking family dinners in Primary School.

Most of the recipes can be found in our very own Kitchen Garden in the Hills Cookbook, available from the front office for \$20. Bon appetit!



Volunteer Movie Day on Friday 15th May and all volunteers are welcome. Just visit the Mount Barker Council Website - on the Events Page and complete a quick survey to receive a printable movie voucher for any showing of a movie on this day between 10am and 10pm. This voucher includes a bottle of water and popcorn as well as a line up of entertainment throughout the day.