



Established 1879  
"With oars and sail"

Volume 2, Issue 2

7th May 2014

## INSIDE THIS ISSUE

Principals Message

NAPLAN

Soccer Clinic

Wear Western

Murals Weekend

X-Country

Athletics Carnival

School Events Calendar

Community Notices

Parenting Ideas

[Book Club](#)

[DUE](#)

[16th May 2014](#)

## Participation Leads to Success

Hill Street  
Eugowra 2806

Phone: 6859 2233  
Fax: 6859 2581

[www.eugowra-p.school.nsw.edu.au](http://www.eugowra-p.school.nsw.edu.au)

# The Link

## Principals Message

What a fantastic start to the Term we have had!

Thank you to all parents and family members who were able to attend our Small Schools Athletics Carnival last Friday. Without your support & transporting students to this event, students would miss out on this fantastic opportunity & fun day.

Wishing all mothers a lovely Mothers Day on Sunday and hope everyone enjoys the Murals weekend this weekend.

Have a great week.

Regards,

*Carmel Doyle*

### NAPLAN

Next week Years 3 and 5 students will take part in NAPLAN.

The timetable will be:

Tuesday 13th May

- Language Conventions - Writing

Wednesday 14th - Reading

Thursday 15th - Numeracy

Parents and carers of students in years 3 & 5 received a separate note outlining NAPLAN last week and will receive an information article to read with this weeks newsletter.

### SOCCER CLINICS

On Tuesday 6th (yesterday) students participated in soccer clinics run by Doug McKenzie



of Forbes Soccer Association. Students developed their skills & had lots of fun.

### WEAR WESTERN DAY.

Today students were encouraged to wear red & green clothing (Western NSW Representative colours) as part of the 125th anniversary celebrations of representative school sport in NSW.

Red and Green was the color of the day

## MURALS WEEKEND

This Friday, students & teachers will walk down the street to look at the murals & to see some of the artists at work. The general permission note covers this event.

- A reminder that the Chalk Art is now free for students to participate. Please ensure you contact Cassie on 0412 889 339 to book in so not to miss out.
- Off The Wall—Art Gallery at St Josephs Catholic School Hall, Saturday and Sunday 10am to 4pm. Please visit this over the murals weekend. Students have been busy painting their own canvas artworks which will be displayed and up for sale as well as artworks from other artists.

- [Time-table for the P&C stall on Sunday.](#)

9-10am	Tania Frazer, Robyn Sharpe, Di Cullenward
10-11am	Sarah Greenhalgh, Kelli Gibson, Di Cullenward
11-12am	Peter M, Annette Connell, Kelli Gibson
12-1pm	James Mulligan, Carmel Doyle, Cheree Bevan
1-2pm	Matt & Dee Buttle, Kylie Reeves
2-3pm	Melissa McMahon
	Kirsty Drew ?, Tara Drew?

## CROSS COUNTRY

Next Friday 16th May, students will participate in Cross Country with St Josephs at the showground at 2pm.

Students can be picked up and will catch the buses from the showground on this afternoon. All parents are welcome to attend.



## YEAR 6 LEADERSHIP CONFERENCE

Year 6 students received a note about attending a leadership conference in Dubbo on Monday 19th May. Please ensure this permission note is returned ASAP so final details can be organised.

## ATHLETICS CARNIVAL

It was a wonderful day of sport and fun last Friday at our Small Schools Athletics Carnival. We were quite lucky with the weather—especially since it was so cold on Saturday and Sunday!

All students participated in numerous sporting events and interacted with students from other small schools.

Well done to everyone for showing great sportsmanship and also for cheering on our fellow EPS students.

Our school has many great athletes and some students displayed their talents in many areas.

The following students have made it the District Athletics Carnival in Parkes next term & will receive a separate note about this.

Sanjay Buttle, Nina Merchant, Mitch McMahon, Darcy Merchant, Jake Greenhalgh, Haydan McCarthy, Montana Bevan, Corey Williams, Lauren Cullenward, Peter Valentine, Katie Drew and Grace Frazer.

Congratulations to Darcy Merchant, Jake Greenhalgh and Reece Matheson who received Champions on the day.

A highlight for the day was the relay events, in which EPS won all 4 relays. Well done participants and to all students, parents & teachers for your loud cheering & motivation on the sideline—I'm sure this gave the runners their extra speed!



**Champion 10 year Boy Jake Greenhalgh and  
Champion 10 year Girl Darcy Merchant**

**Reece Matheson  
Champion 6 Year Boy**



## RELAY WINNERS



**Infants K-1 - Reece, Ben, Macey, Sophie**



**Infants Yr 2 - Sonny, Sanjay, Alec, Khya**



**Junior Relay - Darcy, Peter, Jake, Haydan**



**Senior Relay - Montana, Amelia, Corey, Jed**

**Happy Birthday**

Grace Frazer  
9th May

Mitch McMahon  
12th May





Week 2	5.5.14	6.5.14 Soccer Clinic Wear sports uniform	7.5.14 Wear Western Day Red and Green	8.5.14	9.5.14
Week 3	12.5.14	13.5.14 NAPLAN Yr 3 & 5	14.5.14 NAPLAN Yr 3 & 5	15.5.14 NAPLAN Yr 3 & 5	16.5.14  2pm X Country @ Eugowra Showground
Week 4	19.5.14 Year 6 GRIP Leadership Dubbo	20.4.14	21.4.14 Simultaneous Reading Day	22.4.14	23.4.14 Walk Safely to School Day



## ANZAC DAY 2014



Eugowra Residents are invited to this years

**Biggest Morning Tea**  
to raise funds for cancer.

**Thursday 22nd May**

**10am—3pm**

**Hostess—Marie Noble**

**Venue: "SunnySide"**

(From the showground gate, follow Noble St 1km)

Marie has a lovely garden to enjoy your cupper and has undercover areas in-case of inclement weather.

There will be a Guest Speaker at 11am.

If you require transport please contact  
Marie to arrange. Ph 6859 2266

**EVERYONE WELCOME**


**Education & Communities**  
 High Performing Students Unit

Thinking of applying for opportunity class placement for Year 5 entry in 2015?



**APPLY ONLINE**  
[www.schools.nsw.edu.au/ocplacement](http://www.schools.nsw.edu.au/ocplacement)  
 Check the website for more details about applying.

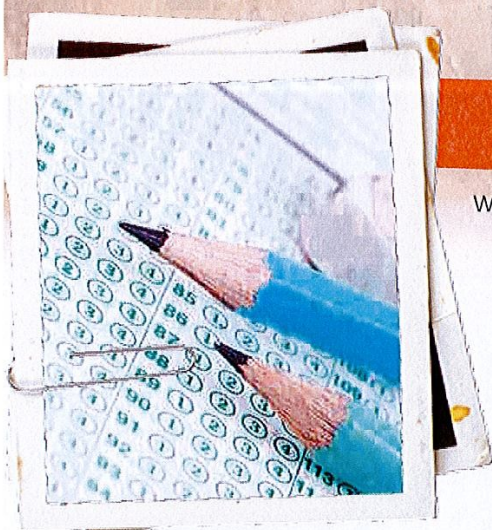


# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Helping students get ready for the NAPLAN tests



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.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. 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.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago,

through his research into children's thinking styles, how closely a child's explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

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.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)

© 2014 Michael Grose

