Dear Parents, families and wider community,

Next week our Positive Behaviour for Learning (PBL) value will see staff explicitly teaching the importance of entering and exiting the room in an orderly manner, while the Golden Gotcha trophy will focus on wearing enclosed shoes and a broad brimmed hat.

As a member of the Ballandean State School Community I am…

PBL Value: Safe
Focus Behaviour: Entering and exiting the room in an orderly manner.

What does this look like?

Here at school, our students regularly transition between classes, within their class, and when they travel to and from lunch breaks. To reduce the risk of injury during these times, students walk in lines to the classroom doors then wait patiently for staff directions. When instructed, students walk into the room quietly, without pushing, then either begin their task or await further directions.

As always, we thank you in advance for your support and reinforcement of this behaviour in the home setting.

Kindest regards,
Nathan Brown

Weekly Awards
Congratulations to our weekly winners!
Granite Belt Cross Country

Congratulations to the many students who competed at the GB Cross Country trials yesterday. It made me proud to see all of our school representatives giving it their all on what was a tough cross country course.

Daniel Morcombe Child Safety Curriculum

Throughout this term, Chasely will be implementing the Daniel Morcombe Child Safety Curriculum with students in years 2-6. The curriculum is based on principles of best practice in child safety education and centres around three key messages: Recognise, React and Report. Through a series of lessons, students will learn how to recognise, react and report when they are unsafe or find themselves in situations that can have a significant detrimental effect on their physical, psychological or emotional wellbeing.


Bale out the Farmers

Next Friday the 13th of May, Ballandean State School will be joining others schools in the cluster to raise funds for a hay run. TranzBlast and Granite Belt Fruit Freighters have donated a truck which will leave Stanthorpe on the 21st May, travelling to Quilpie and surrounding districts. All funds raised will assist with fuel and running costs with any unused funds donated to the Burrumbuttock Hay Run donation group. Students and staff are asked to dress like a farmer on Friday the 13th May in return for a gold coin donation (or more if you are feeling generous) and we thank Broadwater State School for inviting us to join this fundraising event.

New Uniform Order Form

Attached to this Bulletin is a copy of the new uniform order form. Some styles have been 'reduced to clear' - only limited sizes available so order quickly to grab a bargain. Copies of the form can be downloaded from the school website (under documents in the support and resources tab), or collected from the office. Please put your completed order form, with payment attached, in the blue notes box. Reminder that all school uniforms need to be paid for prior to collection and there is now the option to pay via direct deposit if you prefer. Second hand uniforms are available. Please direct any uniform queries to Karen Daveson.

Darling Downs Soccer Trials

Recently, Hamish Earl-Jones and Lauren Coelli attended the Darling Downs soccer trials at Stanthorpe. Both students did an amazing job and we especially congratulate Lauren for progressing as shadow goal keeper for the Darling Downs team.

NAPLAN

NAPLAN testing begins next Tuesday for students in years 3 and 5. Below is a timetable of testing followed by 10 tips for taking tests written by clinical psychologist, Andrew Fuller.

<table>
<thead>
<tr>
<th>Tuesday 10th May</th>
<th>Wednesday 11th May</th>
<th>Thursday 12th May</th>
<th>Friday 13th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15am</td>
<td>Language</td>
<td>Reading</td>
<td>Numeracy</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Writing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Attendance**

As a region our expectation is to maintain at least 93% attendance across the year however as a school I believe we can realistically aim for a target of 95%. Below is our most recent attendance data.

<table>
<thead>
<tr>
<th>DDSW Target</th>
<th>Ballandean SS Target</th>
<th>Term 2</th>
<th>Year to Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>93 %</td>
<td>95 %</td>
<td>93 %</td>
<td>94.6 %</td>
</tr>
</tbody>
</table>

**NAPLAN Support**

**10 tips for taking tests**

“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” Andrew Fuller, Clinical Psychologist.
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” Andrew Fuller, Clinical Psychologist.
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” Andrew Fuller, Clinical Psychologist.
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” Andrew Fuller, Clinical Psychologist.
6. Maintaining a powerful posture sends a signal to your brain that tells it 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” Andrew Fuller, Clinical Psychologist.
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” Andrew Fuller, Clinical Psychologist.
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” Andrew Fuller, Clinical Psychologist.
9. Get a good night’s sleep. “Before a test or exam it’s best to get a good night’s sleep.” Andrew Fuller, Clinical Psychologist.
10. Remember that tests and exams are important, but they are not the big predictors of life success.
As a member of the Ballandean State School community I am:

RESPECTFUL  RESPONSIBLE  A LEARNER  SAFE

Community News

Ballandean Hall Fundraiser

Lovegrass for sale.
$4 per bale or $5 delivered (minimum 25 bales for delivery)
Contact Peter Watters on 0427 583 194