Dear Parents and community members

The sunshine is holding sway at the moment – such beautiful weather lifts the spirits of all.

And of course, we hope for good rain to fall on those patches that need it!

Our 3, 5, 7, and 9 Year level students are engaged in National testing on Tuesday, Wednesday and Thursday next week.

We intend to provide some fruit and yoghurt to give the kids a ‘little edge’ during the mornings of the tests; the analysis of the results is useful in providing teachers with some indicators on which to further progress student learning.

Regardless of this testing, members of your school staff continue to work diligently in maintaining their commitment to getting the best out of students in their classes, every school day.

We appreciate your efforts in sending your children along each day, in uniform, ready for a hard day’s work – developing good habits for the future.

Enjoy the week-end with your families, and don’t hesitate to arrange to meet with us if you have any queries about the progress of your child/children.

Regards,

HENRY CONDON
Principal

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**Coming Events**

TOMORROW Saturday May 9
P&C Mother’s Day Cent Sale
**June 26**
Last Day of Term 2

**P&C Mother’s Day CENT SALE**

The P&C will be holding a CENT SALE for Mother’s Day

When: Saturday 9 May 2015

Where: High School Dining Room

Time: Doors open 1:30pm for 2:00pm call

Cost: Adult: $5 entry – includes afternoon tea
Children: $2 entry – includes afternoon tea
P&C Meeting
Tuesday, May 12
5.30 pm - Primary Library

Invitation
All parents/caregivers are invited to attend Parade at both Primary and Secondary School Campuses.
Primary 9.00 am - Mon
Secondary 10:15 am - Mon

SILLY STRINGS KIDZERCISE
* Get fit  * Have fun
* Relax the body  * Calm the mind
Where: Primary Hall
When: First Lunch Mon and Tues

From the Primary
Week 3
A very productive week, with most students settling into the routine of being safe, respectful learners. Having students coming to the office for positive acknowledgement is so rewarding for the student and helps to build successful learners. Sadly I have had to speak to a few students this week about respecting others. Accepting that we are all different and that everyone deserves to feel safe at school is so important to a child’s growth. Our Cross Country runners represented our school well. Congratulations to all who attended. Thank you to

the P&C who organised and ran the Mother’s Day Stall.
Everyone enjoyed the chance to buy something.
Next week is NAPLAN Week for our Year 3, 5, 7 and 9 students. These will take place on Tuesday, Wednesday and Thursday. A letter will be sent home today explaining these tests. It is important that all students are at school on time ready to begin at 9.00am.
We still have a few students without hats; please remind your child about bringing their hat to school to help support our Sun Smart Policy.

Kind Regards,
ANN-MAREE DUESBURY,
Acting Deputy Primary

District Cross-Country
Last Friday, 1 May, Ravenshoe State School P-12 hosted the Secondary District Cross-Country. Nine schools visited from across the Tablelands and enjoyed a wonderful day of competition, running the challenging Telecom Hill track.
Congratulations to Matty Bailie and Rowan Groves for qualifying for the Peninsula Cross-Country to be held in Cairns. Thank you to the Ravenshoe Tigers Rugby League Grounds for use of their facilities.

Tom Anderson - Sports Coordinator

Well Women's Clinics
(These clinics are available to Medicare eligible clients)
Service includes pap smears, sexual health screening, breast awareness, also info on contraception, continence, menopause, lifestyle issues, bowel health, domestic violence, etc. All services are provided by a specially trained women’s health nurse.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ravenshoe-Mamu Medical Centre</td>
<td>Tues 19th May</td>
<td>4097 6502</td>
</tr>
<tr>
<td>Mount Garnet Primary Health Centre</td>
<td>Wed 20th May</td>
<td>4097 4800</td>
</tr>
<tr>
<td>Ravenshoe-Community Health</td>
<td>Thurs 21st May</td>
<td>4097 6223</td>
</tr>
</tbody>
</table>

P&C Mother's Day
The P&C are asking for donations for their CENT SALE. - Craft, plants, wood-work, knick-knacks.

These may be dropped off at the Primary School Tuckshop on Friday, 8 May
OR contact Melda: 0419 799 583 if pick-up is required.

PLEASE SUPPORT THE SMALL P&C GROUP WITH YOUR DONATION!
Junior Secondary Corner

Welcome again to the Junior Secondary Corner. We are now less than a week before NAPLAN commences. As I walk through classes, I have noticed a distinct change from the beginning of the year with our students. In term one, they were more apprehensive of the tasks and what was required of them to achieve. Now I see students who are growing in confidence and willing to attempt a greater range of questions. This week I want to quickly examine the importance of sleep and the teenage brain and its effect on examinations.

Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less. Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school.

Effects of ongoing sleep deprivation can be:

• Concentration difficulties • reduced academic performance • Mentally ‘drifting off’ in class • Shortened attention span
• Memory impairment • Poor decision making • Lack of enthusiasm • Moodiness and aggression
• Depression • Risk-taking behaviour • Slower physical reflexes • Clumsiness, which may result in physical injuries
• Reduced sporting performance • Increased number of ‘sick days’ from school because of tiredness • Truancy.

Preventing sleep deprivation – some tips for teenagers:

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage.

You may be able to adjust your body clock but it takes time. Suggestions include:

• Allow your child to sleep in on the weekends.
• Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
• Help your child to better schedule their after-school commitments to free up time for rest and sleep.
• Choose a relaxing bedtime routine; for example, have a bath and a hot milk drink before bed.
• Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
• Keep your room dark at night. The brain’s sleep–wake cycle is largely set by light received through the eyes.
• Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.

I look forward to continuing our journey and informing you of the ongoing progress at Ravenshoe in a future newsletter. Go strong NAPLAN students and good luck.

Regards,

DEREK WOOD
Acting HOD Junior Secondary
From the Secondary Deputy

NAPLAN
Students in Years 3, 5, 7 and 9 will take part in these tests in just over 1 weeks' time. MAY 12, 13, 14 are NAPLAN Testing Days. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

What will be tested?
NAPLAN is a skills test. It tests skills such as, reading, writing, spelling, grammar and numeracy.

Secondary Campus
Year 7 and 9 NAPLAN Testing
A NAPLAN Timetable will be made public for students to check prior to the sitting of each test.

All students are encouraged to participate in the tests. Students with a disability may qualify for special provisions that reflect the support normally provided to them in the classroom.

An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern. Parents may also wish to use their child's results to discuss progress with teachers. More information is available at www.naplan.edu.au

Student Information for NAPLAN: MAY 2015

<table>
<thead>
<tr>
<th>DATE</th>
<th>TEST</th>
<th>EQUIPMENT</th>
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<tbody>
<tr>
<td>Tuesday 12 May</td>
<td>Language Conventions</td>
<td>2B or HB pencils</td>
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<td></td>
<td>(45 minutes)</td>
<td>Pencil Sharpener</td>
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<tr>
<td></td>
<td></td>
<td>Eraser</td>
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<tr>
<td></td>
<td>Writing Test</td>
<td>2B or HB pencils</td>
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<tr>
<td></td>
<td>(40 minutes)</td>
<td>Pencil Sharpener</td>
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<td></td>
<td></td>
<td>Eraser</td>
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<tr>
<td></td>
<td></td>
<td>Blue or black ballpoint pens</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>NO correction tape</strong></td>
</tr>
<tr>
<td>Wednesday 13</td>
<td>Reading Test</td>
<td>2B or HB pencils</td>
</tr>
<tr>
<td>May</td>
<td>(65 minutes)</td>
<td>Pencil Sharpener</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eraser</td>
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<tr>
<td></td>
<td></td>
<td>Blue or black ballpoint pens</td>
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<tr>
<td></td>
<td></td>
<td><strong>NO correction tape</strong></td>
</tr>
<tr>
<td>Thursday 14</td>
<td>Numeracy Test - calculator</td>
<td>Calculator</td>
</tr>
<tr>
<td>May</td>
<td>(40 minutes)</td>
<td>2B or HB pencils</td>
</tr>
<tr>
<td></td>
<td>Numeracy Test – Non calculator</td>
<td>Pencil Sharpener</td>
</tr>
<tr>
<td></td>
<td>(40 minutes)</td>
<td>Eraser</td>
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Blank paper will be provided by the school for students to plan their response to the Writing test and do manual working-out for the Numeracy tests.

Yours sincerely,

Matt Draper
Deputy Principal

Henry Condon
Principal
SWPBL News

Primary Awesome Winners

Safe
Lachlan O'Sullivan Keough: Playing safely on the oval

Respectful
Kiona Goody: Being respectful during a warm-up

Learner
Liam Dalgety: Working well with a teacher aide

Secondary Awesome Winners

Respectful
Kenny Edwards: Wearing the correct uniform

Learner
Camille Fox-Campbell: Listening in class

Super Awesome
Brodie Murdoch: Working well in class

Total Awesome Tallies:
Secondary: 1835
Archer: 956
Cedar: 879

Primary: 1711
Archer: 794
Cedar: 917

Next Week:
Learner: Be prepared for learning
Next week's topic is about checking your diary, being punctual, having the correct equipment for learning, using the toilet at lunch and lining up in an orderly manner.
To members of the Ravenshoe State School P-12 Community,

On Tuesday and Wednesday, 1 and 2 September, 2015, Year 12 students in all schools across Queensland will be sitting the Queensland Core Skills Test (QCS).

Ravenshoe State School P-12 invites expressions of interest from community members to nominate for the two paid positions for community representatives to oversee the administration of the QCS process.

Responsibilities include:

- supervision of the receipt of test materials
- supervision of students during the days of testing
- administrative functions

Selection considerations include:

- experience in supervising groups of people under strict exam conditions
- personal attributes of discretion, tact, observation and thoroughness
- recognised organisational skills
- an Email address
- a current driver’s licence

Members of the community interested in applying should collect an application package from the school or contact Ray Mitchell HOD Senior Schooling on 4097 5333. Nominations must be submitted by Friday 22 May, 2015.