Dear Parents and Carers

Next Thursday, some students will be sitting the selective high schools test to gain access to ‘opportunity’ or ‘enrichment’ programs in secondary school. We would like to wish these students all the best in the test and include the following article:

9 Tips for Preparing Children for Tests that may assist supporting your child during this time.

Common behaviours when children feel nervous or stressed

Sometimes children tell us how they are feeling through their behaviour, says KidsMatter. These changes in behaviour could indicate stress or nervousness:

- being more irritable
- easily upset
- clingy or fidgety
- displaying less interest in activities they normally enjoy

“Some children can find it difficult to put into words how they are feeling, so it is often up to parents and carers to recognise that their child needs some extra support,” says KidsMatter.

What can parents do to help?

1. ‘Being there’ emotionally – During times of stress, children usually need extra nurturing, comfort and understanding from their parents and carers to help them feel secure and confident. Be open and receptive to how children are feeling as well as provide comfort and attention when needed.

2. Discuss feelings – Encourage children to talk about how they feel. Listen with empathy so they feel understood and know that their feelings are normal. Help your children to understand that talking about feelings can help to manage them.

3. Support children’s confidence – Teach children to be brave by showing them you believe they can do it, and encourage them to ‘have a go’ even if they are feeling nervous. Providing positive feedback for effort, celebrating successes and encouraging them to keep trying will help your children to feel confident in approaching assessments.

4. Help with relaxation skills – Breathing slowly to calm down and helping them to imagine themselves coping well during a test are really helpful ways of managing anxiety. Doing it with them is a fun way to start.

5. Teach helpful thinking – Instead of saying to themselves “I can’t do this” encourage them to say “I’ll give it a go”.

6. Lead by example – Show your child how you cope positively with feeling anxious or stressed by thinking out loud e.g., “I feel a bit nervous, but I’m going to try my best”. Remaining calm and positive when your child is feeling anxious can help them to feel more confident.

7. Help your child have clear expectations – Talking through what will happen. You may even wish to talk to the school about where the test will take place and see if you can visit beforehand. Many big tests can be held in the school hall or even off-campus.

8. Discuss problem-solving – Brainstorm situations that might arise during the test and then come up with possible solutions with them. For example, ask them what are three things that they might be able to do if they freeze in the exam and feel sick – possible strategies include taking 10 slow breaths to calm down and refocus, taking a sip of water if it is available or letting a teacher know they feel unwell.
9. Teach confidence-building tricks – For example, looking through the paper and completing questions they know they can answer first before trying more difficult ones.

**Important Reminder**

- We are reminding parents and carers **not to use the children’s toilets**. Please ask at the office for directions to adult facilities.
- **Year 6 Excursion 9 March**
- **Selective High School Test 12 March**

**Regards**

Stephen Vrachas  
Principal

**P&C News**

**Annual General Meeting Notice – Tuesday, 10 March 2015 at 7.30pm**

Remember to mark the date of the P&C Annual General Meeting (AGM) in your diaries – this coming **Tuesday, 10 March, 2015 at 7.30pm**. The meeting will be held in the staff room in the Administration Block. Following the AGM our regular monthly meeting will be held.

All positions on the P&C will become vacant at our AGM in March. Please consider giving something back to our school by taking on a role in 2015. Being a part of the P&C allows you to discuss and make decisions about what happens in our school that affects all students, not just your own child/children.

It is disappointing that we have had no enquiries from members of the school community about taking on a role in the P&C. Some members of the P&C executive are currently responsible for two roles and have been for some time - that is quite unfair and can’t continue. We have a school of nearly 900 students, so that is quite a pool of parents and carers. Everyone has commitments, whether they be through work or family, big or small but if the load is shared, ultimately our children and our school are the winners. Please think about helping out – whether it is taking on a role in the P&C, helping out with school banking, wrapping Easter prize packs or coming along to a P&C meeting. As they say many hands make light work!

To nominate for a position at the AGM you need to be a financial member of the P&C. If you wish to vote or nominate for a position at the AGM, $1 membership will need to be paid on the night which is in accordance with our constitution. Please see a member of the current P&C executive to discuss the responsibilities involved in the various roles and/or request an information pack outlining the specific roles and responsibilities of each position. Alternatively you can send an enquiry via our email address: [carltonpandc@gmail.com](mailto:carltonpandc@gmail.com)

**Easter Guessing Competition**

This week each family will receive a book of ten tickets to sell in our Easter Guessing Competition. Tickets will be $1 each and there will be many prizes to be won. Last year there were over 100 prizes which caused great excitement on the day the prizes were drawn. This is our major fundraising effort for the year so we would like to encourage all families to be involved. Prizes will be drawn on Wednesday, 1 April with the major prizes being drawn at the Pedlar’s Parade. Additional ticket books will be available from the office.

To enable the P&C to maximize this fundraising effort we will be holding a **Mufti Day** this coming **Tuesday, 10 March** where children bring in an Easter Egg or an Easter themed present eg. Easter books, craft activities, colouring books etc, in exchange for wearing Mufti. Have a look in the current supermarket catalogues for ideas. We encourage families to send in nut free eggs if possible and also to please check the use by date on chocolates that are sent in. Try to send your donation in a separate bag if necessary as chocolates are often damaged in the children’s bags and then can’t be used in the prizes.
Easter Prize Wrapping morning

On Monday, 16 March at 9.15am we will be sorting and wrapping Easter Guessing Competition prizes in the Macedonian Language room in Block A. Morning tea will be provided. Please email carltonpandc@gmail.com if you are able to come or just come along on the morning. Your help would be appreciated even if it is only for half an hour.

School Banking

The school banking coordinators rostered on next Tuesday, 10 March are Marrianne S, Angela and Biljana C.

Reminders

Please remember to fill in both sides of the deposit slip when handing in your child’s yellow wallet each week. Also make sure their new class is marked clearly on the cover of their wallet.

Classroom Achievement Award

Congratulations to 2A for winning this award two weeks in a row. Great work!

Class Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>KM</td>
<td>Sofia N; Jonathan K</td>
</tr>
<tr>
<td>KT</td>
<td>Lucca W; Liam M</td>
</tr>
<tr>
<td>1C</td>
<td>Ayana K; Ishan D</td>
</tr>
<tr>
<td>1K</td>
<td>Leila E; Kaleb C</td>
</tr>
<tr>
<td>2G</td>
<td>Adrian G; Bianka S</td>
</tr>
<tr>
<td>2A</td>
<td>Alice D; Mohammad A</td>
</tr>
<tr>
<td>3A</td>
<td>Bilal D; Montana D</td>
</tr>
<tr>
<td>4N</td>
<td>Michael T; Bindiya C</td>
</tr>
<tr>
<td>3P</td>
<td>Medwin Z; Samragi B</td>
</tr>
<tr>
<td>5E</td>
<td>Zahraa T; Alonzo N</td>
</tr>
<tr>
<td>5/6F</td>
<td>Nicholas L; Jeremy Z</td>
</tr>
<tr>
<td>6S</td>
<td>Amanda H; Christian J</td>
</tr>
</tbody>
</table>

School Photographs

School photographs are just under two weeks away. Your child’s class teacher has the schedule should you wish to check when your child is having his/her class photo. All children are expected to wear their summer uniform, photos of which can be found in the office foyer. Spare order envelopes are available at the office. It would be appreciated if all orders are given to the office by Wednesday, 11 March.

Thank you
Ms Vicki Derwent
(Organising Teacher)

Zone Swimming Carnival 2015

On Friday 27 February 2015, 26 students represented Carlton at the Botany Bay Zone Swimming Carnival held at Sans Souci Pools. All students tried their best and displayed excellent behaviour. We wish to congratulate our youngest zone team member, Thomas P from 2M for coming 3rd in the 8 year old boys freestyle event. Thomas will now represent Botany Bay at the Sydney East Area carnival at Homebush on Wednesday 18 March. We wish him the best of luck.

Thank you
Mrs Hanley
I like to learn Macedonian Language:
Ja samu da uimam makedonski jazik.

... because it's good to learn about my culture and traditions.
... zato za to je zato porad svoje ili interesi za makedonsku kulturu i narodnost.

Ivan 5/6F

... because I am learning how to do Macedonian traditional art.
... zato da uimam kroz da izradim tradicionalne makedonske umetnosti dela.

Nikola 4A

... because I like to learn new Macedonian words.
... zato da uimam nova zbori na makedonski.

Zrinko 4B

... because I like to read and write in Macedonian.
... zato da uimam na uimam i pisam na makedonski.

Teodora

... because I like learning Macedonian songs.
... zato da uimam na makedonski pesmi.

Anna

... because my Mum, Dad, Grandmother, Grandfather and Uncle are Macedonian, as well.
... zato da uimam na makedonski, prite, oca, m岁以上, and učenik." "makedonski tazruj tekstov.

May 2014

... because we are learning Macedonian songs and also Macedonian writing.
... zato zato da uimam na makedonski, učenik.

Teddy
### Term 1 2015

#### Week 6 – 2 March - 6 March
- **Mon 2**: 11:25 Stage 2 Assembly  
  12:30 Stage 1 Assembly  
- **Tue 3**: Student Banking 9am  
- **Wed 4**:  
- **Thur 5**: A special assembly to hand out the ribbons for Swimming Carnival winners @ 2pm in the hall. Parents invited to attend  
- **Fri 6**: 11:25 Stage 3 Assembly  

#### Week 7 – 9 March - 13 March
- **Mon 9**: Year 6 Excursion  
  11:25 Stage 2 & 3 Assembly  
  2pm K-2 Assembly  
- **Tue 10**: Student Banking 9am  
  7:30pm AGM & General P & C Meeting  
  K-6 Mufti Day- Easter Egg or Easter themed donations  
- **Wed 11**:  
- **Thur 12**: Selective High School Test  
- **Fri 13**: 11:25 Stage 3 Assembly  

#### Week 8 – 16 March - 20 March
- **Mon 16**: 11:25 Stage 2 Assembly  
  12:30 Stage 1 Assembly  
- **Tue 17**: School Photo Day 1  
  Student Banking 9am  
- **Wed 18**: School Photo Day 2  
- **Thur 19**:  
- **Fri 20**: 11:25 Stage 3 Assembly  

#### Week 9 – 23 March - 27 March
- **Mon 23**: Stage 3 - Young Leaders Day  
  11:25 Stage 2 & 3 Assembly  
  11:45 Stage 2 Assembly  
  2pm K-2 Assembly  
- **Tue 24**: Year 5 Excursion  
  Student Banking 9am  
- **Wed 25**:  
- **Thur 26**:  
- **Fri 27**: 11:25 Stage 3 Assembly  

#### Week 10 - 30 March - 3 April
- **Mon 30**: Stage 2 Excursion  
  12:30 Stage 1 Assembly  
- **Tue 31**: Student Banking 9am  
- **Wed 1**: 11:45am Pedlars Parade  
- **Thur 2**:  
- **Fri 3**: Good Friday Public Holiday  

---

**Your Child Q & A**

**Wondering about your child’s...**


Speak to:
- **ENT Specialist** (Ear Nose & Throat Specialist)
- **Paediatrician**
- **Speech Pathologist**
- **Psychologist**

**Place:** Research & Education Centre  
Ground Floor  
4-10 South Street

**Date:** Wednesday 11th March, 2015  
**Time:** 7:00pm – 8:45pm

**Bookings Essential! 9553 1400**

**Unique Opportunity**

Meet our specialised professionals ...  
A brief introduction and overview will be provided

- Dr. Susan Breconski  
  (Ear Nose & Throat surgeon)  
  [communications]
- Madeleine Bennett  
  (Speech Pathologist)
- Dr. Ainsley O’Connor  
  (Paediatrician)  
  [consulting allergy]
- Dr. Richard Walton  
  [specialist allergy]
- Dr. Neil Volkan  
  (Psychologist)

Ask your questions...  
- Attendees have the opportunity to ask questions and open a group discussion  
- Time is provided for individual discussion with professionals

**Saturday 28 March – State Elections Voting**
CHILDREN AGED 9-12 AND LIVING WITH AN AUTISM SPECTRUM DISORDER OR DEVELOPMENTAL DISABILITY CAN TAKE PART!

Our experienced therapists are running a two-part workshop to help children fine-tune their social skills in a group setting.

Each child will attend the two sessions at their preferred location where they will have a chance to learn about each skill, practice it whilst interacting with peers their age and gain feedback from therapists.

TOPICS COVERED INCLUDE:
- Greeting familiar people and strangers
- Embracing similarities and differences
- Expressing feelings and body language
- How to give and receive compliments
- Learning how to solve problems
- Coping with winning and losing games

Please contact Merry on 0448 368 791 or email merry.chau@northcott.com.au for more information or to book a spot.

Bookings are essential as spaces are limited.

DATES & LOCATIONS

GLADESVILLE - LIBRARY
6 Clydewater Road, Gladesville
8th & 9th April
10am-12pm

PARRAMATTA - NORTHCOTT
1 Pennant Street, North Parramatta
25th & 26th April
10am-12pm

HURSTVILLE - ADHC
335 Forest Road Hurstville
8th & 15th April
10am-12pm

FAIRFIELD - ADHC
Level 4, 20 Smart Street, Fairfield
10th & 17th April
10am-12pm

Arabic Speaking Cultural Harmony Day
Saturday 21 March 2015 from 11:30 am to 2:30 pm
At Scout Hall, Donnans Reserve, Kingsland Road, Bexley, NSW

St George Migrant Resource Centre and its Arabic Reference Group, in partnership with Rockdale City Council and Scout Association of Australia are inviting you to this exciting day to celebrate the cultural diversity of Arabic speaking communities.

* Variety of cultural stalls  
* Cultural performances  
* Arabic cooking demonstrations  
* Children’s games

For more information and registration,  
Contact Suzie on 95975455.  
St George Migrant Resource Centre  
(Monday, Wednesday & Thursday)

This event is supported by Funding from Australian Government under the Settlement Grants Program.