Dear Parents,

Duaringa District Cross Country
Well done to Will, Kayden, Pacey, Latoya, Tyler, Rowdy, Preston and Bailey who represented our school at the Duaringa District Cross Country trials last Thursday. These students did themselves and their school proud with great participation and sportsmanship. A big congratulations to Preston, who came 1st in his age group and will be participating in the Central Highlands Cross Country in Springsure on the 20th May.

NAPLAN
On Tuesday, Wednesday and Thursday this week, the Year 3 and 5 children will sit the NAPLAN tests. The NAPLAN tests are designed to assess the skills of Australian students in literacy and numeracy. The specific purposes are:

- To collect data from the population of Years 3, 5, 7 and 9 students for reporting to parents/carers and schools for systematic reporting.
- To accommodate the assessment of students against national minimum standards.
- To provide schools, states and territories with information about how education programs are working and which areas need to be prioritised for improvement.

The best way to prepare your child is for them to have a good night’s sleep, have a healthy breakfast in the morning and be at school early to have time to get ready.

I have attached further information about NAPLAN. The school will be providing breakfast for the students in year 3 and 5 only on the morning of each test from 8:15am at the tuckshop.

CARS and STARS
As part of Bluff State School’s Great Results Guarantee we have purchased a whole school CARS and STARS program. We have done the placement book and students are grouped across the school based on their reading comprehension level. CARS & STARS is a comprehensive package of workbooks and guides aimed to improve literacy results. Each series contains books that cover the ten reading levels (P-H) and give systematic instruction on the 12 comprehension strategies. Students are exposed to a range of sophisticated elements including graphic organisers, higher order thinking, varied text types and paired selections. Instruction is scaffolded in such a way that it enables students to progress from modelled and guided instruction to modelled and guided practice right through to independent practice.
2015 P&C Executive Team
On behalf of the school, I would like to say a very sincere “Thank you” to our outgoing committee members from 2014. Thank you to Kristy McLaughlin for her work as the P&C President in 2014. Thank you to Sam Conway for her work as Secretary in 2014.
I would now like to introduce you to our P&C executives for 2015.

President: Darlene Radlingmayr
Secretary: Tanya Dickens
Treasurer: Jo Jaques
Tuckshop Conveners: Denise Doyle and Heidi Smith

Thank you for accepting these roles and I am looking forward to continuing to working with you in 2015.

P&C Meeting
Our May P&C Meeting is being held this afternoon, Monday 11th April at 2:45pm in D Block classroom. It will be followed by Code of Conduct, Student Protection and Asbestos Awareness training for all executives and members.

Date claimers for this term

May
12 Tuesday NAPLAN
13 Wednesday NAPLAN
14 Thursday NAPLAN
15 Friday NAPLAN Catch Up Day
15 Friday Playgroup 8:30am – 10:30am
15 Friday Athletics practice 2:30pm – 3:30pm
22 Friday Blackwater Art Show
23 Friday Athletics practice 2:30pm – 3:30pm
26 Tuesday CWA International Day
28 Thursday School Photos
29 Friday Playgroup 8:30am – 10:30am
29 Friday Bluff Inter-house Athletics Carnival

June
3 Wednesday Emerald Show Holiday
5 Friday Playgroup 8:30am – 10:30am
5 Friday Small Schools Athletics Carnival (Dingo SS)
8 Monday Queen’s Birthday Holiday
12 Friday Playgroup 8:30am – 10:30am
19 Friday Playgroup 8:30am – 10:30am
26 Friday Playgroup 8:30am – 10:30am
26 Friday Last day of term

Warm regards,

Elizabeth
Congratulations to Koda for using finger spaces when writing and to Lexy for always having a go! Kody has been having a go and providing some excellent sentence writing. Kayden, Hayden and Pacey (absent from photo) have displayed a great attitude towards NAPLAN.

What's going on in the....

P-2 Classroom

The Prep – 2 class have had a very busy fortnight and are continuing to work hard. In each child’s sign in book I have written the alphabet. Once the doors are opened at 8:20am, your child needs to neatly write a line of a letter. If you know your child is going to be away on certain day then please come and speak to me so that I can ensure that they don’t miss any work by preparing it earlier.

In Geography this term, the Prep – 2 class will be exploring features of places. In this unit, students:

• describe and represent the location and direction of features of places on pictorial maps and models.

• use maps to identify the places where people live and belong, such as their home, neighbourhood or rural area, and record the features of each place.

• collect, record and interpret data about the features of places.

• understand that the features of places can be natural, for example, a beach; managed, for example, a farm; or constructed, for example, a building.
• record geographical information to identify and describe the natural, constructed and managed features of places.

• identify how places can change and how they can be cared for.

• observe how spaces can be arranged for different activities or purposes.

• draw on representations of the world as geographical divisions, and the location of Australia.

• understand that each place has a location on the surface of the Earth, which can be expressed using direction and location of one place from another.

The following table is what we are learning about in Maths over the next two weeks.

<table>
<thead>
<tr>
<th>Week</th>
<th>Prep</th>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Movement paths.</td>
<td>- Positional descriptions.</td>
<td>- Represent and interpret simple maps.</td>
</tr>
<tr>
<td></td>
<td>- Give and follow movement directions.</td>
<td>- Describe location of objects.</td>
<td>- Identify and describe key features.</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>- Directional opposites.</td>
<td>- Positional language.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Give and follow directions.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Compare length of objects.</td>
<td>- Halves – “whole” into 2 equal parts.</td>
<td>- Revise halves and quarters.</td>
</tr>
<tr>
<td></td>
<td>- Compare heights of objects.</td>
<td>- Identify and describe a half.</td>
<td>- Solve number problems involving halves and quarters.</td>
</tr>
<tr>
<td>5</td>
<td>- Use distance to identify objects.</td>
<td>- Describe and represent hour time.</td>
<td>- Show 1/8 of a shape and collection.</td>
</tr>
<tr>
<td></td>
<td>- Describe objects by referring to their thickness and length.</td>
<td>- Analogue and digital time to the hour.</td>
<td>- Solve number problems with eighths.</td>
</tr>
</tbody>
</table>

3-6 Classroom

NAPLAN is here. The year 3 and 5 students have been working hard to strengthen problem solving skills and strategies. The students will be having a group breakfast at school each morning before their testing. Their hard work has been paying off. Congratulations to all of the students that participated in the Duaringa District cross country trials. Pacey and Preston won their races and Preston will be representing Bluff at Duaringa District later in the term.
What is NAPLAN?
The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?
NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement.

NAPLAN tests are one aspect of a school’s assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student’s performance.

What will be tested and how?
NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. The content of each test is informed by the national Statements of Learning for English and mathematics, which underpin state and territory learning frameworks. Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: www.nap.edu.au

Who will run the tests?
NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

How can I help my child prepare for the tests?
NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child’s preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day. The use of services by coaching providers is not recommended.

What additional support can schools provide for students with special needs?
All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.
How is NAPLAN performance measured?
NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

What happens if my child is absent from school on test days?
Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 15 May 2015.

Will I receive a report on my child’s performance?
A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

How are NAPLAN test results used?
- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: www.myschool.edu.au

Where can I get more information?
For more information about NAPLAN:
- visit the NAP website www.nap.edu.au
- contact your child’s school
- contact your state or territory’s education authority (details available on the NAP website).

NAPLAN 2015 tests timetable

<table>
<thead>
<tr>
<th>Year</th>
<th>Tuesday 12 May</th>
<th>Wednesday 13 May</th>
<th>Thursday 14 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3</td>
<td>language conventions 40 minutes writing 40 minutes</td>
<td>reading 45 minutes</td>
<td>numeracy 45 minutes</td>
</tr>
<tr>
<td>Year 5</td>
<td>language conventions 40 minutes writing 40 minutes</td>
<td>reading 50 minutes</td>
<td>numeracy 50 minutes</td>
</tr>
<tr>
<td>Year 7</td>
<td>language conventions 45 minutes writing 40 minutes</td>
<td>reading 65 minutes</td>
<td>numeracy calculator 40 minutes non-calculator 40 minutes</td>
</tr>
<tr>
<td>Year 9</td>
<td>language conventions 45 minutes writing 40 minutes</td>
<td>reading 65 minutes</td>
<td>numeracy calculator 40 minutes non-calculator 40 minutes</td>
</tr>
</tbody>
</table>

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number; space; algebra, function and pattern; measurement, chance and data.
- Calculators are NOT permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student sits one numeracy test where calculator use is permitted and one where it is not.
Planning a healthy lunchbox

So your children get the right amount of food and nutrients each day, make sure there is a wide variety of food in their lunchbox. All children, no matter what their weight, height, gender or age, need to eat from the five core food groups every day. To achieve this, include at least one food from each of the Australian Guide to Healthy Eating five core food groups in your child’s lunchbox daily.

**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**
- Wholegrain bread and bread rolls
- Wholegrain cereals
- Wholegrain pita/pocket bread
- Lavash bread
- Turkish bread
- Fruit bread
- Home-made mini pizzas
- Pasta or noodles
- Rice
- Rice cakes
- Crackers and crispbreads
- Pikelets, muffins and scones

**Vegetables and legumes/beans**
- Salads – tomatoes, carrots, cucumber, celery, lettuce, sprouts, corn on the cob
- Vegetables – stir-fried, corn on the cob, carrot sticks, capsicum slices, snow peas
- Reduced fat potato salad or coleslaw
- Small can of baked beans

Include a bottle of water in the lunchbox every day

**Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans**
- Sliced cooked lean meats – lamb, ham, chicken, roast beef, turkey
- Boiled eggs
- Tuna/salmon
- Legumes including baked beans, chickpeas, lentils, butter beans, kidney beans

**Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**
- Reduced fat milk
- Soy milk (or other cow’s milk alternative) with added calcium
- Reduced fat cheese
- Reduced fat yoghurt

**Fruit**
- Fresh whole fruit
- Fruit salad
- Canned fruit in natural juice
- Dried fruit (30 g serve, or 4 dried apricot halves or 1 ½ tablespoons sultanas)

---

All Australian Guide to Healthy Eating and Australian Dietary Guidelines images and content are used by permission of the National Health and Medical Research Council

A joint Australian, State and Territory Government Initiative

Produced by NAQ Nutrition Food Smart Schools Program with funding received from the Smart Choices Initiative
Planning a healthy lunchbox

Lunchbox menu planning is a great way to stay organised. It is a cost-effective, time-saving idea that helps you provide healthy lunches every day of the week.

Menu planning

The following pages will guide you in how to plan for a healthy lunchbox week:

**Step 1**

Pick a day that will become the day you plan the lunches for the rest of the week.

**Step 2**

Use our Weekly lunchbox planning tool to assist in deciding the morning tea, lunch and afternoon tea options for each day.

For further information and recipe ideas:
- [www.foodsmartschools.org](http://www.foodsmartschools.org)
- [www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

Being a smart shopper

- Plan ahead!
- Write a detailed shopping list from the menu you have planned - stick to this as you do your shopping.
- For ease, group items together in order of where you will find them in your supermarket.
- Check your fridge, freezer and pantry before you go shopping to ensure that you don’t buy any products that you already have.
- Try to shop on the days that you know a fresh delivery of food has come in - this is often a Monday.
- Check the unit pricing on the price tag (e.g. $/kg). Often you will find better bargains here than if you just look at the cost of the product.
- Try not to go shopping on an empty stomach - you may be more likely to buy unnecessary items.

 Produced by NAQ Nutrition Food Smart Schools Program with funding received from the Smart Choices Initiative
# Sample Weekly lunchbox planning tool – healthy lunchbox combinations

<table>
<thead>
<tr>
<th></th>
<th>Morning tea</th>
<th>Lunch</th>
</tr>
</thead>
</table>
| Monday | Reduced fat yoghurt and a mandarin               | Multigrain roll with boiled egg, tomato, cucumber, lettuce, reduced fat cheese  
|        | All day: bottle of water                         | All day: bottle of water                            |
| Tuesday| ½ orange and reduced fat yoghurt                 | Cold rice, chicken and vegetable salad              |
|        | All day: bottle of water                         | All day: bottle of water                            |
| Wednesday| Piskelets with banana                          | Pita pocket with lean ham and salad                 |
|        | All day: bottle of water                         | All day: bottle of water                            |
| Thursday| Four dried apricots and baked beans             | Ham and salad wrap                                  |
|        | All day: bottle of water                         | All day: bottle of water                            |
| Friday | Small low fat blueberry muffin<sup>3</sup>       | Chicken and salad sandwich on wholegrain bread     |
|        | All day: bottle of water                         | Grapes                                              |

<sup>3</sup>Recipe available at [www.healthyfoodhealthyplanet.org/healthy-recipes](http://www.healthyfoodhealthyplanet.org/healthy-recipes)
Weekly lunchbox planning tool
Here is a blank lunch planner that you can copy and use to start planning healthy lunches for your family.

**Top tip:** Get the whole family to help with the planning by writing in their favourite healthy foods and drinks throughout the week.

<table>
<thead>
<tr>
<th></th>
<th>Morning tea</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For healthy recipes visit [www.healthyfoodhealthyplanet.org/healthy-recipes](http://www.healthyfoodhealthyplanet.org/healthy-recipes)
Supporting Bluff State School in 2015

We are now working in partnership with an electrician to offer you quality electrical services:
- Air-conditioning installation
- Cleaning and maintenance
- Coldrooms
- Electrical work
- Sales
- Service

For all your Air-conditioning needs and Electrical work call us today. We promise high quality work at an affordable price.

Phone Aaron or Nycole for a free quote!
0459 997 967 or 4939 7967

Keppel Bay Air-conditioning
QBCC Lic: 1274144

GK Electrical Pty Ltd
Licence: 71905