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.

NAPLAN
Naplan assessments will be conducted from the 13th-15th of May. Students from Grades 3, 5, 7 and 9 participate in these assessments. Classes with students at these levels have been conducting familiarisation sessions for students which allow students to practise how to complete the tests and make them familiar with the structure of questioning and response. Sometimes given that the nature of the tests are different to how we normally work and assess in the classroom the structure can cause confusion and affect student outcomes. Familiarising students sets them up for individual success.

Mother's Day Stall
Friday May 9th Flagstaff Campus will be holding a Mother’s Day Stall starting at 9am. There will be plenty to choose from with nothing over $5. Parent helpers are welcome.

Whole School Dates to remember
May 13th, 14th, 15th Naplan
May 19th, 20th, 22nd Music Festival at Orbost
June 3rd School Council

Flagstaff Campus Dates to remember
May 9th Mother’s Day Stall
May 19th-23rd 5/6 camp

Tambo Campus Dates to remember
May 23rd Volleyball State Final
May 28th-30th OED Melbourne Camp

Head Lice
Please check your children's hair for head lice. It is important to treat their hair and then use preventative sprays to ensure the head lice are not spread.

Volleyball
Congratulations to the Intermediate boys Volleyball team who have qualified for the State Volleyball competition in Melbourne to be held on the May 23rd.

High Country Athletics
High Country Athletics carnival was another successful day with all students participating with a positive attitude and to the best of their ability showcasing joy, courage, and kindness. Lookout for results and photos in the monthly newsletter. If parents took photos throughout the day we would love to see them and put them into the monthly newsletter.
Tips for Healthy Living
Teenagers and sleep
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.

Causes of sleep deprivation:
Some of the reasons why many teenagers regularly do not get enough sleep include:
• **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.
• **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.
• **Leisure activities** – the lure of stimulating entertainment such as television, the Internet, mobile phones and computer gaming can keep a teenager out of bed.
• **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.
• **Vicious circle** – insufficient sleep causes a teenager’s brain to become more active. An over-aroused brain is less able to fall asleep.

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 – tips for parents:
Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep.

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.
• Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
• Avoid early morning appointments, classes or training sessions for your child if possible.
• Help your child to better schedule their after-school commitments to free up time for rest and sleep.
• Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
• Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.

Preventing sleep deprivation – 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:
• Choose a relaxing bedtime routine; for example, have a bath and a hot milky 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.

What Next?
Transition from school and beyond
An information session for parents and educators of young people with disabilities or learning difficulties in secondary school

Door Prize
13th May 2014 - 5:00pm - 7:00pm
The Community & Educational Hub
Dalmahoy Street, Bairnsdale

Who should attend this session?
Students with a disability or learning difficulty and all those who support and advise them.

What is the information session about?
This session is about options and supports that are available and information about:
- pathway planning
- post school funding
- tertiary education
- apprenticeships
- employment
- volunteering
- day programs

What is the program for the evening?
From 5.00pm: Finger food
5:30pm: Welcome & Brief presentation - an overview of the services and support offered by Futures for Young Adults and Centre Link followed by a panel discussion with information on how and when to connect to the wide range of supports available.
6:00pm: Individual transition stories - young people’s transition journeys.
6.15pm: Time for individual questions with Exhibitors
Representatives from employment agencies, apprenticeship centres, further education, funding providers, day programs and others will be in attendance.

RSVP: For catering & access purposes by 8th May 2014
Email: andrea.evansmcali@skillplus.com.au
Phone: 03-51525922

Free Finger Food
Victorian Child Oral Health Survey (VCOHS)

The Victorian Child Oral Health Survey (VCOHS) is coming to Swift Creek School Monday 2nd, Tuesday 3rd and Wednesday 4th June 2014.

For those families that have been selected to participate in the Survey, a reminder to return your consent form and questionnaire by 27th May via mail or 29th May via school 2014.

Your participation will help contribute to the collection of important and useful oral health data used to improve dental services across Victoria.

For more information about the Victorian Child Oral Health Survey contact a member of the VCOHS research team on (03) 9341 1785 or email vcohs@dhs.vic.gov.au.