NAPLAN is over for 2014 and I look forward to receiving the students’ results later in the year. NAPLAN is a great long term data collecting tool and shows not only the students’ improvements from previous years, it also provides teachers with valuable data to show a student’s strengths and lesser strengths. NAPLAN is one of many data tools that we use at Karara State School to ensure the students are always improving.

Kyle Low

Vegetable Garden

The school’s vegetable garden will be back up and growing within the next few weeks. The students and teachers have been preparing the garden beds for planting and over the next few months, we will hopefully see some delicious vegetables growing including, Beetroots, Snow Peas, Carrots, Onions, Spinach and more!

Asthma Management (Courtesy of Asthma Foundation QLD)

Cooler mornings, cooler nights and shorter days can only mean one thing—Winter is well on its way! While some people look forward to getting rugged up, drinking hot chocolate and warming up by the heater, Winter may not be as enjoyable for some people with asthma.

Asthma commonly worsens in Winter for a number of reasons:

- Cold weather and breathing in cold, dry air
- Presence of the common cold and flu
- Spending more time indoors thereby increasing exposure to common household triggers

Signs of an Asthma Attack can be found on the following page. For more info, visit http://www.asthmaaustralia.org.au/ or the Karara State School website.

Student of the week

Congratulations to this week’s Student of the Week, Laura Carter. Laura received the award for always giving 100% effort in her school work. Well done Laura!
Karara State School Times

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:40am</td>
<td>Students permitted to enter school grounds</td>
</tr>
<tr>
<td>8:50am</td>
<td>Bell rings</td>
</tr>
<tr>
<td>9:00am</td>
<td>School starts</td>
</tr>
<tr>
<td>10:30am</td>
<td>Morning Tea</td>
</tr>
<tr>
<td>11:00am</td>
<td>Middle Session</td>
</tr>
<tr>
<td>12:45pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Afternoon Session</td>
</tr>
<tr>
<td>3:00pm</td>
<td>School finishes</td>
</tr>
</tbody>
</table>

**NAPLAN 2014 - Test your knowledge**

Answer to last week’s questions is

3. a white pebble than a black one

Congratulations to the students who completed this year’s NAPLAN tests. The students conducted themselves with maturity when completing tasks and demonstrated their ability to give their best effort. NAPLAN results will be available to the students’ families later in the year.

**Sleep and School Aged Children**

Children aged five to twelve need 10-11 hours of sleep per night. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

**Sleep Tips for School-aged Children**

- Teach school-aged children about healthy sleep habits
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine
- Make child’s bedroom conducive to sleep – dark, cool and quiet
- Keep TV and computers out of the bedroom
- Avoid caffeine.

**Walk Safely to School Day**

Walk Safely to School Day (WSTSD) is on this Friday 23rd May. WSTSD is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment.

**Free Archery Come and try Day - Sunday 1st June 2014**

**Who:** Warwick and District Archers Association  
**Where:** 212 Ford Road Warwick (follow Glen Road towards Leslie Dam)  
**Ages 5 to 12:** 9am to 11.00 am with Billy Tea, Cordial and Damper provided  
**Ages 13 +:** 11.30am to 2.00pm with Billy Tea and Sausage Sizzle provided  
Closed in shoes and sun protection is a must! Hope to see you there.  
For further information visit www.warwickarchers.com.au or call 46618706, 4661 1956 after hours.

**Biggest Morning Tea – 27th May 10:30AM**

The President and members of QCWA Karara Branch would like to invite the members of the school and wider community to our annual morning tea at the Karara Hall. Gold coin donation to the Cancer Fund would be appreciated.

**WHEN:** Tuesday 27th May  
**WHERE:** Karara Hall  
**TIME:** 10:30 AM

Elly Beasley - President