



## NAPLAN 2021 - PREPARATION AND COMBATTING ANXIETY

### Normal and appropriate symptoms:

- butterflies in their tummies
- minor heart palpitations
- sweaty hands
- anxious thoughts that come and go about the testing

### Concerning symptoms:

- anxious thoughts regarding the testing that won't go away
- unable to fall asleep
- persistent fears about failing or not being able to perform on the day
- in some severe cases, vomiting

### How to help your child:

- 1) Encourage confidence – ‘have a go’ ‘try your best’ ‘just do what you can’. Reinforce YOUR expectations are that your child just does their best.
- 2) Discuss feelings/concerns with your child. Talk about how feeling anxious is normal. Be empathic and listen to their fears, without being dismissive regardless of what you feel about the test.
- 3) Be caring and positive. Be interested in their work and their general schooling.
- 4) Prepare well – early night (no screens- as this disrupts sleep), have a good breakfast, ensure they have a good packed lunch and water bottle and be on time for school. Ensure they have everything they need for the test.
- 5) Refrain from stressful activities at home during this period -discussing family problems, ill health and so forth.
- 6) Keep your own perspective and remind them to do the same. Success is not determined by tests and this is just an indication of one moment in time.
- 7) Remind your children of their PAUSE strategies: Take 3 deep breaths; name the internal weather/feeling.

For a PAUSE booklet see <https://www.centacarefnq.org/site/user-assets/Home%20School%20Savvy/Pause%20for%20Parents%20Learning%20from%20Home%20Resource.pdf>

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As a school in QLD said

IT does not test what makes each of your children EXCEPTIONAL and UNIQUE

The people who score these tests don't know that some of your children love to sing, are good at drawing or can teach others to use a computer program. They have not seen your child dance with grace or speak confidently to a large group. They do not know that your child's friends count on them to be there for them when they are sad. They do not know that your child participates in sports, helps you around the house or with siblings, cousins. They do not know how caring and thoughtful your child is and how every day s/he does his/her best. Attributes cannot be tested.

Remember the scores will tell you how your child did on that day, but do not tell you everything. They cannot tell you that your child has improved in something they found difficult, or how your child brightens their teacher's day. They can't tell you how amazingly special your child is.

Come to school ready but remember there is no one way to test all the of the wonderful things that makes your child HER/HIM.

- Why is better to do NAPLAN online? Fun; teachers send reports easier
- Why do NAPLAN? Tool for teachers to assess how well doing in which areas need improvement.
- Is it bad to waste time on tests when we could be learning? Not a waste of time – helps teachers understand how you are learning.
- What will teachers do with the results? Use to inform teaching.
- Does NAPLAN cause stress? Shouldn't – should feel ready. Don't worry, nothing bad can come out of it.
- How deal with anxious feelings? Tell your teachers. Not high-stakes, you can't get into trouble – remember the purpose. You've got this!