

# Supporting Your Child During NAPLAN

## What is NAPLAN?

Each year, more than one million students in Years 3, 5 and 7 across Australia complete NAPLAN (National Assessment Program – Literacy and Numeracy) over three days.

### NAPLAN:

- Assesses literacy and numeracy skills taught through the school curriculum
- Provides parents and carers with information about their child's progress against national proficiency standards
- Is just one part of a school's overall assessment and reporting process
- Does not replace ongoing assessments made by teachers about student performance
- Helps schools and governments understand how education programs are supporting student learning.

## Young People Respond Differently

Testing periods can bring added stress for some students. If your child shares that they are feeling worried, overwhelmed or stressed:

- Listen calmly
- Acknowledge their feelings
- Reassure them that their emotions are valid

Often, the simple act of empathy helps to reduce anxiety.

If you are noticing significant signs of stress at home, contact your child's Connect Teacher or House Leader to discuss how your child is coping at school and explore available supports.

## Reassure Your Child

Keep the Message Simple. Remind your child:

- They are not expected to study for NAPLAN
- Encourage them to simply do their best
- NAPLAN reflects how they performed on one day of the school year
- Results help ensure students across Australia receive the support they need.

## Practical Ways to Help

The night before:

- Ensure your child goes to bed on time so they are well rested
- Set clear boundaries around phones and devices to reduce distractions and impact on sleep
- Help them feel organised and ready for the next day

On the morning:

- Encourage them to have a nutritious breakfast
- Encourage some physical activity before school if helpful
- Be calm and positive at school drop-off
- Let them know you believe in their effort – doing their best is enough.

## Seek Additional support

If you feel your child requires more support managing stress related to NAPLAN, please contact the school to discuss available wellbeing supports.

For more information including translations, go to <https://www.nap.edu.au/naplan/for-parents-carers>

