2015 Term 4, Week 2 - 16 October 2015

Principal's Message

Information on: the RPA Summer Carnival on Sunday 22 November, Year 12 final examinations, presentation days and a public speaking achievement.

Welcome back to all students and school families to the final term for the year. A particularly warm welcome to Ravenswood is extended to new students and their families. The Ravenswood community is welcoming and supportive with avenues for you to become engaged in the life of the school. A highlight for the wider Ravenswood community this term is the RPA Summer Carnival that will be held on Sunday 22 November at the school. This should be a great day for families: as volunteers, performers and visitors. It will be great to see you there!

Year 12 Final Examinations

The HSC exams commenced last week and the girls I have spoken with are excited to be on their way. Today the IB students officially finish their classes before their examination period commences on Monday 2 November. The girls are well prepared and now just need to remain calm and steady as they work their way through their schedules. We wish them well.

Presentation Days

We return to Sydney Town Hall this year to review the year that was in 2015 and to present awards and prizes to students in the Secondary School. The event will take place on the morning of Wednesday 2 December. The Junior School Presentation morning will take place on Tuesday 1 December. I look forward to welcoming school families to these significant school occasions.

Public Speaking Achievement

Over the term break, Ms Heather Carr (History) accompanied a group of students to St Kevin’s College in Melbourne to participate in the Australian Individual Debating and Public speaking Championships. This is an annual five day event. Congratulations to Jacqueline, Year 10, who finished fifth overall and has secured a place in the Australian team to go the world championship in the USA next Easter.

Ms Vicki Steer

Chaplain's Message

Welcome back to a new term. This first newsletter finds us already a quarter of the way through the term, even though we feel that the term is still just beginning. It is interesting how each new beginning such as a change in term, or the start of a new day usually brings a raft of things to think about. We might think about our future. We might start putting together to-do lists. We might think about all the people in our lives and the challenges that we face and the care that we need to give. We might think about new opportunities and chances for learning and growth. These are all good and natural things.

Might I suggest that we also add the important task of being grateful and thankful and to count our blessings into our thinking at each new beginning? Might we remember all the people who offer care and support to us? Might we take stock of the ways that we have changed and developed and grown as a person? As a person who seeks to follow the way of Jesus, whom I believe to be the Christ, I am always humbled by the depth and breadth of love and support in my life, both from God and from others.
I seek to see challenges as things which good and positive things might come from, even though there may be stress and trouble. I look to be a better person, knowing that I always fall short of the best that I can be but know that this is not something to beat myself up about but to use as inspiration to try again, because God is full of grace. For me, each beginning is filled with hope. Even in the most challenging of times, God is present and hope is there. This is what the journey to Christmas is essentially about. So at the beginning of a new term, may you think on good things and celebrate the good people that you might share life’s journey with, and may God bless you greatly, now and always.

_Rev Jon Humphries_

## Whole School

### NSW Health Alert - Whooping Cough

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up-to-date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.


## Junior School

### From the Head of Junior School

Information on: the RPA Summer Carnival plants, Term 4 Class Captains and Term 4 dates for your diary.

The plants for the RPA Summer Carnival were sent home with the girls at the end of Term 3. I hope that they are growing vigorously, ready for the Carnival in November. Please can you encourage your daughter to nurture her plant.
Congratulations to the **Term 4 Class Captains**. It is always a pleasure working with the girls in their leadership roles.

The Captains for Term 4 2015 are:

- **Year 3B**: Bridgette Clarke, Grace Nicol  
- **Year 3G**: Zara Froebel, Catherine Swemmer  
- **Year 4**: Emma Harvey, Claire Sun  
- **Year 5B**: Zoe Ryan, Eloise Lappin  
- **Year 5G**: Paris Lay-Yee, Danika Archer  
- **Year 5R**: Tiarn Garland, Sophie Sheppard  
- **Year 6B**: Emily Chang, Laura Bauman  
- **Year 6G**: Hannah Abe, Anna Duckworth  
- **Year 6R**: Holly Tritton, Alice Shang

**Term 4 Events**

**Week 3 B**

- **Tuesday 20 October**: Year 5 Grandparents’ Day - commencing in Chapel at 9.15am, followed by Morning Tea in the Junior School  
- **7.00pm-8.00pm Cyber Safety Presentation for parents, rsvp to juniorschool@ravenswood.nsw.edu.au**  
- **Students in Years 5-8 will participate in sessions during the school day**

- **Wednesday 21 October**: Kindy 2016 Orientation Day 1 - 1.30pm-2.45pm  
- **Parents and girls to meet at Main Reception**  
- **Parents will remain as a group in the Junior School LRC, Kindergarten 2016 will move to the Kindergarten classroom**

- **Thursday 22 October**: IPSHA Gymnastics at the Sydney Gymnastics Centre, Rooty Hill

**Week 4 A**

- **Wednesday 28 October**: K-6 Lunchtime Concert in Music Room 401 commencing at 1.00pm

- **Sunday 1 November**: Ravenswood Tennis Championships Years 3-12

**Week 5 B**

- **Monday 2 November**: RPA Christmas Lunch and Market Stalls at Miramare Gardens

- **Tuesday 3 - Friday 6 November**: K-11 Visual Arts Exhibition

- **Thursday 5 November**: K-2 Swimming Gala at Ravenswood

- **Friday 6 November**: IPSHA Debating Round 9 (if required)

*Mrs Cheryl Bailey, Head of Junior School*

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**Empowering Ravenswood Girls**

Class 6B led this week’s Chapel Service with pride and conviction.

Up until 1901 the role of a woman was to look after her family, be a good housekeeper and to always be there for her husband. Women were treated unfairly and were thought to be useless in the workforce.
Class 6B talked about how women are extremely progressive in today’s society and how they have helped improve Australia. The focus was women’s achievements and how important it is to be proud of who you are and chase your dreams, no matter what people think or say about them. Class 6B students shared quotes about women’s empowerment and what they aspire to achieve.

For entertainment, Class 6B sang I am woman by Helen Reddy accompanied by Class 6B teacher Ms Galati on the guitar and Mr Varecka on the piano. This famous song is about women speaking up and stating what they believe, staying strong and not letting anyone put them down.

Power to Women!

YiLe and Madison, Year 6

RPA Junior School Year Group News

**Year 5 Parent Cocktail Party: Saturday 7 November from 7.00pm**
Year 5 parents are invited to a *Mix and Mingle* parent cocktail party at Alison and Anthony Kingsley’s home in Lindfield. The cost will be $49 per person and bookings should be made via [www.trybooking.com/JAG1](http://www.trybooking.com/JAG1) by Friday 23 October. Full details are available on the Parent Portal.

**Year 2 Parent Dinner to Celebrate the End of Year 2: Saturday 14 November from 7.00pm**
Year 2 parents are invited to Vapiano restaurant, corner of King and York Streets, Sydney CBD, to share Italian food and mark the end of Year 2. RSVP to Lies Vanmechelen on 0458 794970.

Secondary School

**An important message for parents of students in Year 7**

Last week, the school began to trial the use of Short Message Service (SMS) to correspond with parents of Year 7 students who are absent from school without prior notification. Currently, parents are expected to advise the school beforehand if their daughter is going to be absent, and this practice will continue. On occasions, however, the school is not notified of an absence and the practice has been for a member of staff to telephone a parent to enquire about the student’s whereabouts.

If a student in Year 7 is absent from school and the school has not been advised of the student’s absence, the primary contact of the student will receive an SMS seeking further clarification, to which they must respond.

I anticipate this procedure will be implemented for Kindergarten to Year 12 in 2016.
**Year 11 2015 (Year 12 2016) students – advice re Secondary School Speech Day 2016**

The date for Speech Day 2016 is Wednesday 7 December. As travel agencies are now taking bookings for Schoolies2016, I am reminding Year 11 students and their parents that the Secondary School Speech Day is a compulsory school activity. Please keep this in mind when planning any Schoolies activities.

**Information about the ATAR**

Parents of students in Years 11 and 12 studying the Higher School Certificate often seek information about the Australian Tertiary Admission Rank (or ‘ATAR’ as it is more commonly known). The following link will take students and parents to a helpful Universities Admissions Centre (UAC) document: [http://www.uac.edu.au/atar/](http://www.uac.edu.au/atar/).

**Learner Driver Safety Course**

Ku-ring-gai Council and the RMS (formerly RTA) are running a FREE practical workshop for learner driver parents and supervisors on how to help learner drivers become safer drivers.

The workshop will take place at the Ku-ring-gai Council Chambers on Thursday 12 November at 6.30pm.

Attendees receive a useful information kit including a 'Guide to the Driving Test' booklet. A light dinner, tea and coffee will be provided. Road User Handbooks will also be on sale.

Early bookings are essential. Contact Council on 9424 0798 now to reserve your place.

**Coming Secondary School Events**

Week 4, Term 4

Monday 26 to Friday 30 October

- Year 9 yearly examinations
- Year 10 yearly examinations
- Year 8 Creative Curriculum

_Mr David Garner, Deputy Principal – Head of Secondary School_

**Maths Help**

**MATHS HELP 2015**

WEEK A Monday and Tuesday

WEEK B Wednesday and Thursday

3.30pm-4.30pm

LRC Foyer Level 2

Ms Blair (Mon Wk A), Ms Hazlehurst (Tues Wk A),
Mrs Hurd (Wed Wk B) and Mrs Allan (Thurs Wk B)
will be available for individual help with homework,
preparation for testing or review of problem topics.

All Years 7-12 Mathematics students are welcome.

Please encourage your daughter to take advantage
of this opportunity to consolidate her mathematical
understanding in a relaxed and supportive environment.
RPA Secondary School Year Group News

Year 11 - Future Year 12 Parent’ Drinks: Saturday 17 October at 7.30pm
Brace yourselves ... Year 12 is coming! Year 11 parents are invited to come along for drinks and a catch-up to prepare for the commencement of Year 12, kindly hosted at Tania McMurty’s and Alan Bennett’s home in Roseville. BYO drinks and a savoury or sweet plate to share. Please RSVP via http://www.trybooking.com/ JBXX. Full details are available on the Parent Portal.

Performing Arts

Music

Information on: Alice in Wonderland, Jr, the K-2 Nativity Musical, auditions for 2016 instrumental ensembles and congratulations to students.

Alice in Wonderland, Jr

Tickets for the Year 6 Musical, Alice in Wonderland, Jr, are on sale. All tickets are $10 and can be purchased via http://www.trybooking.com/IYMU. Please see the poster in the Community section of this Newsletter.

K-2 Nativity Musical

Tickets for the K-2 Nativity are available. They are free but must be reserved via http://www.trybooking.com/IYNP

Auditions for 2016 Instrumental Ensembles

Placement auditions for bands, string groups and symphony orchestra will be held in Week 5. Sign-up sheets will be available on the Performing Arts noticeboard in Week 3.

Mrs Heather Aird, Director Music and Performing Arts
Secondary School Dance Festival

On Sunday 11 October, dancers in the Secondary School Dance Festival participated in a full-day dress and technical rehearsal, in preparation for the event on Sunday 18 October.

Congratulations to all involved. It is going to be a great show.

Miss Ebony Keys, Dance Convenor

Sports

Junior School Sport 2016

Online registrations for Term 1 2016 will open for all current and new Years 3-5 students on Monday 26 October (Week 4, Term 4). Sports on offer for girls going into Years 4-6 in 2016 include IPSHA Football and IPSHA Softball. Registrations will close on Friday 6 November (Week 5, Term 4) and trials will commence from Monday 9 November (Week 6, Term 4). To obtain further information about each sport and to register, parents will need to login to the School Portal and go to the Junior School Sport section.

If there are any sport queries, please call the Sport Office on 9498 9919 and for login or registration problems, contact the Helpdesk on helpdesk@ravenswood.nsw.edu.au.

Parents should be aware that for 2016 there will be a fee per term for Junior School IPSHA sport of $75, to cover an increase in coaching costs and subscription fees. This will be charged to your daughter’s school account at the end of the term.

Rowing

There are still a few places available for rowing classes in Term 4 for girls in Years 9-11. No experience is required and classes will be flexible to cater for beginners to those with some previous experience. The sessions are conducted by qualified coaches from Macquarie University and are based out of their boathed in Lane Cove. The program runs for five weeks with sessions on Tuesday and Thursday afternoons from 4.30pm-6.30pm, commencing in Week 3. It is lots of fun so if you are keen to give it a go and learn a new sport, complete a registration form and drop it into my office as soon as possible.
Sport Staff News

Mrs Kara Bryson, Head Coach Athletics and Fitness, and her husband Brad welcomed the arrival of their daughter Charlie (albeit three weeks early!) last Saturday. Kara and Charlie are at home and doing well.

Miss Annabel Davies is Kara's replacement for the next 12 months. Annabel was a student at PLC and achieved a BAppSci (Exercise and Sports Science and Nutrition) at the University of Sydney.

She has worked in several other schools including Abbotsleigh, PLC, St Aloysius' College and the International Grammar School in roles such as sports coach, administrator and boarding house supervisor. Annabel was the lead strength and conditioning coach for the PLC elite sportswoman program and currently writes strength and conditioning programs for multiple national level athletes. She coaches for UTS Norths and Sydney University Athletics Clubs and coaches the World Youth Champion and World U18 javelin record holder. As an athlete, she competed at World School Games and World Juniors in javelin and came fourth at both events, as well as being selected into the Australian Schoolgirls softball team on three occasions and has been a NSW Softball representative at U19 and Open level. All queries about the Strength and Conditioning Centre, and Junior School and Secondary School Athletics and Cross Country programs should be directed to Miss Davies on adavies@ravenswood.nsw.edu.au or 9498 9891.

After five years at Ravenswood, Mr Adam Raw is leaving today for a new opportunity at the University of NSW working with the university's sport programs. Miss Ashleigh Nottage has returned to Ravenswood to replace Adam in Term 4 as Sport Administrator. We will advertise shortly for a permanent replacement with a January 2016 start. Any queries that would have been directed to Mr Raw should go through the Sport Office on 9498 9919 or to Miss Nottage on anottage@ravenswood.nsw.edu.au. In Term 4, Ashleigh will be convening gymnastics, diving, equestrian, touch football and overseeing water polo trials for Term 1 2016.

Dr Michelle Nancarrow, Director Sport

Touch Football

Last Saturday, I had the pleasure of watching our Touch Football teams play for the last time during my time as a Sports Administrator at Ravenswood. Over the past two years, the sport has improved dramatically and I felt extremely proud watching our girls compete.

With minimal preparation, the Senior Firsts and Senior Seconds had tight victories as did the Junior Thirds and the Year 7 Firsts. The Junior Firsts competed against competition favourites, Loreto Normanhurst, and played a fantastic second-half. I look forward to seeing how they progress throughout the season.

I wish all of our Touch Football teams the best of luck for the season.

Mr Adam Raw

IGSSA Water Polo

Round one proved to be successful for all our teams. The level of sportsmanship and enthusiasm that was demonstrated was excellent. Keep it up girls. The Senior Seconds demonstrated strong defence and they were awarded with an 8-7 win against Queenwood. The Junior First also had an exciting game against Kambala, winning 4-3. Rav 5, consisting of Years 7 and 8 players, won convincingly against Kincoppal Rose Bay, 16-2. The girls are commended on the team spirit and sportsmanship displayed as they dropped a player to give the other team a fighting chance.

Keep up the attendance at training and continue to work hard on your swimming fitness. Well done to all teams.

Ms Joanna Rich
K-2 Athletics Gala

On the last day of Term 3, the K-2 Athletics Gala was held on the Ravenswood oval. With great enthusiasm, all K-2 girls put their skills into practice while participating in events such as the 60m dash, mini hurdles, kangaroo jumping, beanbag balancing, egg and spoon race, sack racing and ball games. The event concluded with the girls navigating their way through a giant obstacle course in the gymnasium.

Thank you to all the parents who participated in their 60m race. Through the many smiles and squeals of excitement exhibited throughout the morning, I think it is safe to say that the girls thoroughly enjoyed themselves. A big thank you to all parents who attended to support the girls, which created a fantastic atmosphere. Lastly, congratulations to all the girls. They should be very proud of their efforts.

Ms Amanda Mischkonig

Community

From the Development Office

Welcome back to such a busy (and short) Term 4. We are looking forward to some amazing events where we can get together and thank you all for you have done this year.

Ravenswood Remembrance Camellias

We would also like to remind you that sales have started strongly for the Ravenswood Remembrance Camellia, some of our community members have generously purchased two camellias as feature plants, as they have a very large bloom. The camellias are limited and we will sell out. Please order yours now via www.trybooking.com\JGEX. Proceeds will go to building the Ravenswood War Memorial.
Save the Date: Empowering Women Seminar

The Women Empowering Women (Back) in the Workforce event will take place on Tuesday 27 October at 9.30am, in conjunction with Knox Grammar School.

Details will be emailed next week.

RPA Christmas Lunch

All Ravenswood parents are cordially invited to attend the 2015 RPA Christmas Lunch and Market Stalls being held at Miramare Gardens, 48 Myoora Road, Terrey Hills, on Monday 2 November from 11.00am-2.30pm. Please RSVP via www.trybooking.com/UMN. Full details are available on the Parent Portal.

RPA Summer Carnival, Sunday 22 November

We encourage you all to pick your timeslots in signing-up for the Carnival. This is one of those great opportunities for parents and their children (from Years 5-12) to volunteer together and experience the satisfaction that comes from giving back to the community. If every family could give one hour at a Year Group Stall and one hour at a food stall, the Carnival will be a great success. Volunteer sign-up is via http://vols.pt/2YWB42.

Ravenswood Prayer Breakfast

Please note that the date of the Term 4 Prayer Breakfast has changed from Friday 23 October to Friday 30 October. See the flyer below.

Ms Liane Leslie, Development and Relationships Manager

RPA Summer Carnival

Year 6: Seeking Volunteer ‘Targets’ For Pie-throwing Booth

Year 6 parents are running a pie-throwing booth for the Carnival. Ravenswood teachers, coaches, prefects and celebrities are invited to join in the fun ... as human targets! Year 6 class parents would love to hear from volunteers. The ‘pies’ consist of whipped cream on paper plates, and only the target’s face will be visible to throwers. Protective equipment will be available in the form of science lab coats, raincoats/garbage bags and shower caps. Full details are available on the Parent Portal.

Gordon Uniting Church Garage Sale Saturday 24 October 8.00am-12noon

It is on across the road from Ravenswood in the Church Highway Centre, cnr Cecil St and Pacific Highway.

We would greatly appreciate clean saleable donations now - anything from garden gnomes to Aunt Ethel’s tea set, from kitchenware to pre-loved skateboards (but no magazines, encyclopaedias, electrical items or furniture, please). Drop them off at the Highway Centre office between 10am and 3.30pm Tuesday to Friday. Thank you.

This Garage Sale is being conducted jointly by Gordon Uniting Church and Sydney Covenant Uniting Church (Korean).
Australia's Silent Film Festival

Excursion to the Moon (1908)

On Saturday 17 October at 2.30pm at Hornsby Uniting Church, live music on organ and piano will accompany four silent comedies of the early years of cinema, 1908-1926:

- *Excursion to the Moon* (1908) Segundo de Chomon 7 mins
- *The Cure* (1917) Charlie Chaplin 24 mins
- *Dog Shy* (1926) Charlie Chase 23 mins
- *Now You Tell One* (1926) Charley Bowers 22 mins

The celebrated Heather Boyd is the musician and the young Australian prize-winning composer, Shana Tiang, has prepared music for three of the shorts on offer. These works by Shana will be Australian premieres.

Tickets: $25/$20 concession

Website: [www.ozsilentfilmfestival.com.au](http://www.ozsilentfilmfestival.com.au), Phone: 0419 267 318, Email: info@ozsilentfilmfestival.com.au
Alice in Wonderland, Jr

Ravenswood’s
Production of

Disney’s
Alice in Wonderland
Jr.


Music Adapted and Arranged and Additional Music and Lyrics by Bryan Louiselle

Book Adapted and Additional Lyrics by David Simplotico

Based on the 1951 Disney film “Alice in Wonderland” and the novels “The Adventures of Alice in Wonderland” and “Through the Looking Glass” by Lewis Carroll

By arrangement with Hal Leonard Australia Pty Ltd, exclusive agent for Music Theatre International, NY

19 + 20 November 2015
7.00pm
Lorraine Smith Auditorium

General Admission Tickets: $10
(on sale 12 October 2015)

http://www.trybooking.com/IYMU
Sports Coaches Required Term 1 2016

Ravenswood is a Uniting Church K-12 School for girls located in Gordon on Sydney’s North Shore. The school has a record of high academic achievement and offers a choice of Higher School Certificate or the International Baccalaureate Diploma programme. We are committed to expanding student’s horizons by providing academic challenge, an extensive co-curricular programme and community experiences at home and internationally.

SPORTS COACHES REQUIRED

We are seeking enthusiastic, reliable and knowledgeable sports coaches for the following Term 1 sports:

- IGSSA and IPSHA Softball
- IPSHA Football
- Danebank Water Polo
- Badminton

Coaches will be required to attend one training session during the week of two hours duration including warm up and warm down plus a Saturday morning commitment for two hours that will include a warm up, one hour game and warm down.

Preference will be given to coaches with a current coaching accreditation, Senior First Aid and relevant coaching experience. Coaches will be remunerated commensurate with their experience and qualifications.

For further information please contact Michelle Nancarrow, Director Sport, on 9498 9915. Applications should be sent by email with a current CV to mnancarrow@ravenswood.nsw.edu.au or mailed to Director Sport, Ravenswood School for Girls, Henry Street, Gordon NSW 2072.

Applications close Friday 30 October.

Applicants offered a coaching appointment are subject to all statutory checks and inquiries.
Ravenswood Prayer Breakfast

All Ravenswood parents and staff are warmly invited to our Term 4 Prayer Breakfast 2015. The focus for this term’s prayer breakfast will be on supporting the newly elected Student Leadership Team. As such the leadership team have been invited to join us and share with us the rewards and challenges they see in their role for the coming year. Please come along and support them in prayer. For those of you who wish to stay and chat after the Prayer Breakfast, we will walk down to Pottery Green at Gordon for a coffee. Even if you haven’t been able to make the prayer breakfast at 7.25am, please feel free to drop in for a coffee and chat from 8.45am – please note below Geeta’s mobile number. We will take this opportunity to discuss the possibility of having a Prayer Breakfast Stall at the upcoming Ravenswood Carnival.

Date: Friday 30 October, 2015
Time: 7.25 am – 8.30 am
Venue: Boardroom – near main reception

A light breakfast with coffee and tea will be provided. Our aim is to uphold the school community in prayer. Please be assured that nobody will be required to pray out loud unless of course they would like to.

“But you are not to be like that. Instead, the greatest among you should be like the youngest, and the one who rules like the one who serves.”

Luke 22:26

“For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Matthew 23:12

For further details please contact parents Lloyd Irwin (lloyd_irwin@gmail.com / 0411 748 381) / Geeta Jeevaratnam (jeeva@yahoo.com / 0406 532 007) or Rev Jon Humphries at the school (jhumphries@ravenswood.nsw.edu.au / 9498 9898).
Board of Studies New Resources Guides for Parents

New resources are now available to support parents, as schools begin the implementation of the new Australian and NSW syllabuses for English and Mathematics.

These four guides provide comprehensive and practical support for parents in relation to grammar, reading, writing and mathematics.

The guides will enable parents to participate in their children’s learning in a more informative way, as they work in partnership with teachers to provide quality education.

For fast delivery, order online from shop.bos.nsw.edu.au or use the order form on the back of this brochure.

$16.20 incl. GST each book

SPECIAL OFFER for Term 4, 2015
All 4 BOOKS for $52
Study Skills tips for October

STUDY SKILLS HANDBOOK NEWSLETTER TIP FOR OCTOBER
Top 10 Tips for Dealing with Examination Pressure

1. KNOW YOUR MATERIAL
The more confident you are about the topic(s) in your exam, the less stress you will feel come exam time. Make sure you stay on top of your school work and homework throughout the term. Follow up with your teacher, or another subject matter expert if there are things you don’t understand, well before the exams. Trying to understand new concepts the night before the exam is very stressful.

2. PRACTISE
Make sure you do practice papers if they are available, or practice questions. This might include multiple choice, short answer or essay style questions. Always study in the way you will be tested. Work out a plan of action so you know how long you are going to allocate to each question type, what question types you will start with and what you will do if you come across things you aren’t sure about. Learn more about this in the Active Studying unit.

3. FUEL YOUR BODY AND YOUR MIND
In the days leading up to an exam make sure you get enough sleep. Being tired makes it harder to concentrate and remember. Fuel your body and mind by eating well and drinking plenty of water. Learn more about this in the Lifestyle and Balance unit.

4. MANAGE THE PHYSICAL SIGNS OF STRESS
Familiarise yourself with how your body feels when you are stressed. Do you get headaches? Tension in your neck or shoulders? Does your heart race faster? What happens to your breathing? Whenever you feel these effects, quickly start some relaxation exercises. A good one to try during an exam is to breathe in deeply for 4 seconds, hold for 7 seconds and breathe out for 8 seconds. Do this a few times to calm yourself down and allow yourself to refocus. Learn more about this in the Managing Stress unit.

5. BE PREPARED ON THE DAY
Make sure you have packed or prepared everything you need for the exam day the night before. Have a plan for how you are going to get to school on time - including a back-up plan if necessary. Eat a nutritious breakfast and make sure you are hydrated. Learn more about this in the Test-Taking Techniques unit.

6. VISUALISE
Use visualisation techniques to help reduce your stress on the day. Every day in the weeks prior to the exam, last thing at night and first thing in the morning, visualise yourself calmly walking into the exam room, preparing your equipment, reviewing and completing your exam paper and feeling good about how you did. Learn more about this in the Managing Stress unit.

7. INVOLVE YOUR PARENTS IN YOUR SCHOOLWORK
Throughout the term talk to your parents about what you are studying. Show them your bookwork and homework. The more your parents understand about what you are doing and how you are going along the way, the better they are able to manage their expectations. They may also be able to help you study by testing you on what you are learning.

8. TALK TO YOUR PARENTS ABOUT REALISTIC GOALS
Keep talking to your parents about what you want to achieve, in individual subjects, at school overall and in other aspects of your life. Involve them in helping you to identify where to concentrate the most effort to achieve your goals. Learn more about this in the Goal Setting unit.

9. UNDERSTAND EXPECTATIONS
Many students feel like they are not meeting their parents’ expectations. Often this is a result of poor communication about expectations by both parties. Assessment and reporting systems also change over time and are different in different schools and systems. Making sure your parents really understand what your report means may help them to understand what you are actually achieving. Your school can assist you to explain these to your parents if needed be and most schools provide booklets of explanation. Often students are achieving, but reporting structures may not clearly represent this to parents.

10. ASK FOR HELP
The most important way to deal with stress is by talking to people and asking for help. Don’t try and go it alone. Your school, teachers, parents and friends are your support structure so keep lines of communication open (that means talk to them) and let everyone know how you are feeling and what help you need.

You can learn more about how to deal with examination pressure in the Managing Stress and Test-Taking Techniques units at www.studyskillsandhandbook.com.au by logging in with these details: Username: ravenswood. Password: 42achieve
CYMHS Parenting Anxious Children Seminar

Hornsby Child and Youth Mental Health Service (CYMHS)

Parenting Anxious Children
SEMINAR FOR PARENTS - TERM 4, 2015

A seminar for parents of children aged 4-10 yrs discussing:
The nature of anxiety and the different ways it may present in children, risk factors and potential implications for parents and children, as well as identification of practical strategies & resources to assist.

Thursday
19 November

Time:
10am-12pm

- The seminar will be facilitated by CYMHS staff (which includes Psychologists, Social Workers & family therapists).
- The seminar will be run at Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave. Please allow enough time for parking and arrive 10 minutes before the registered start time. Unfortunately, we cannot provide childcare facilities and are unable to have infants attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is $10 but there will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- To confirm your place please call CYMHS on 9485 6155.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.
Southern Cross Cultural Exchange – Term 4 Information Sessions

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<tr>
<td>13 Oct</td>
<td>7-9 pm</td>
<td>Lane Cove</td>
<td>Lane Cove Library Library Place (Parking below in Austin St)</td>
</tr>
<tr>
<td>28 Oct</td>
<td>6.30-7.30 pm</td>
<td>Lismore</td>
<td>Lismore Workers Club 231 Keen St</td>
</tr>
<tr>
<td>29 Oct</td>
<td>6.30-7.30 pm</td>
<td>Casino</td>
<td>Casino Golf Club 40 West St</td>
</tr>
<tr>
<td>10 Nov</td>
<td>7-9 pm</td>
<td>Lane Cove</td>
<td>Lane Cove Library Library Place (Parking below in Austin St)</td>
</tr>
</tbody>
</table>

1800 500 501 scceaust@scce.com.au www.scce.com.au
News

The Duke of Edinburgh's Award

During the holidays, 11 Silver Award students participated in a qualifying journey, hiking through the beautiful Royal National Park. Despite the weather trying its best to throw the girls off their game, they worked brilliantly as a team and were able to navigate their way to their end destination at the Otford Lookout. Apart from the sand stings the girls had on their legs, they came through unscathed and with the knowledge that the skills they have practised can stand up to some tough conditions. Thank you to the staff members who accompanied the girls on their hike. Our expeditions would not be able to take place without you.

There will be no more Ravenswood-run journeys for the rest of the year. If your daughter would like to participate in a journey in the December holidays, it will need to be organised through an outside provider. Reputable outside providers can be found on the Ravenswood Duke of Ed Portal page.

If your daughter requires some help with her Award, I am available every Tuesday and Thursday lunchtime from 1.15pm in the Gymnasium. Alternatively she can email me at dukeofed@ravenswood.nsw.edu.au.

Mr Thomas Pyle, Duke of Edinburgh Coordinator