

FROM THE PRINCIPAL

At our Breakfast Club this week I spoke with a number of students who travel long distances to get to college early, ready for class on time each day. They gathered around hot drinks and fresh food to enjoy a healthy start to their day and I was reminded of how important it is for our students to be organised, to feel confident that they can manage their studies and other commitments.

As our winter weeks continue, attending all classes, being on time and planning study time will become even more important. Assignments, projects and exams are all demanding attention now, and it takes patience, courage and skill to navigate the way through.

As parents or carers, I know you are supporting your son or daughter through this time. Please contact teachers to ask for support and stay in touch as we all work together to create positive futures.

Dr Dianne Purnell

EXAMS UNDER CONTROL

We have entered into the mid-year assessment period and while some student relish the adrenaline rush of exams, most find them stressful. However, there are lots of great strategies to prepare well for exams and even enjoy the experience. Make a study plan by dividing your day into forty five minute blocks and take a break between them. Do practice exam papers, timing yourself so that you use the appropriate time per question. Form a study group; it's fun, motivating and helps you remember the course content better. Construct mind maps and summary sheets using diagrams and colours to help your memory. Most of all, take care of yourself: maximise the fresh food in your diet, drink lots of water and get regular, adequate sleep. Start the day with exercise and give yourself time to wind down at night. Remember, you have learned a lot this year so be positive – this is an opportunity to show what you know. Nerves are normal and helpful for increased alertness, but if you're feeling overwhelmed and anxious, book a time with someone at Student Services either via the front office or drop in at recess or lunchtime for a chat.



Rhiannon Hurn
Watercolour



Study groups are using the new whiteboard tables in the library.

STUDENT AND STAFF ACHIEVEMENTS

- Jack Stanwix has recently been selected as part of the Australian contingent, to compete in a basketball competition, "Adidas Uprising", in the USA in July
- Sophie Young gained an Encouragement Award in the Chinese Speech and Performance Competition in Victoria
- Martine Holliday won three awards at the Hobart City Council Esteddford
- Hospitality students worked on the Hobart Winterfest, with Kirsten Bacon invited to collaborate with Chef, Danielle Lefrancois
- Ethan Rudd won three gold medals at the Sporting Shooters Association of Australia Junior Competition at Glenorchy, gaining him the Australian standard of bronze level
- Rhiannon Hurn received her Queens Scout presentation at Government House and exhibited works at Youth ARC
- The cast and crew of *Godspell* are to be congratulated on their sell out performances.

UPCOMING DATES FOR YOUR DIARY

Thursday 22 - Friday 30 June	Mid year assessment period
Friday 7 July	Term 2 ends
Monday 24 July	Term 3 begins
Thursday 10 – Wednesday 16 August	Science Week begins
Wednesday 23 August	Reports to students
Thursday 31 August	Parent Teacher Evening