FROM THE PRINCIPAL

Dear Parents, Caregivers, Staff and Students

Guiding Principles
In earlier Newsletters, I have drawn your attention to our Guiding Principles, which ensure that student learning and wellbeing are our primary focus. They provide the framework for our strategic planning, resource allocation and day to day operation. Our Guiding Principles are available on our Website.

Council of International Schools (CIS) Accreditation
In our February Newsletter, I indicated that as we approach the tenth anniversary of our initial accreditation, we need to apply for a continuation of accreditation. We have been working quite intensively on this process and expect to have most of the preparatory work completed by the end of this year.

Building Program
Work has been completed on the Northern section of the Crescent Car Park and staff are using it. Work continues ahead of schedule on the new building. The Leadership Team have prepared a plan outlining the work we need to complete by the end of this year.

Year 12 Drama Production ‘Scorched’
I would like to congratulate all the students and staff involved in the Year 12 Drama Production ‘Scorched’. The play, which explored complex and challenging contemporary themes, provided an outstanding showcase for the skills and talent of our students and staff.

NAPLAN Testing
NAPLAN Testing was competed on Friday 17th May and we expect results to be available in September.

Dismissal – Last Day of Term – Friday 5th July
We will continue with our usual practice of dismissing students at 2.30pm on the last day of Term 2.

Term 2 Reports
Term 2 Student Reports will be distributed to students on Friday 5th July. Please take the time to read your daughter’s/son’s report and discuss it with them.

First Day Term 3
The first day of Term 3 will be on Tuesday 23rd July. Monday 22nd July with be a Student Free Day for Staff Professional Learning.

Eden Park Garden
I would like to thank our volunteers Ros Blue and Di Banbury for their work in the gardens at Eden Park on Saturday 1st June 2013.

See page 2 for Visual Arts News – Visual Arts students at Marryatville High School are given opportunities to further their visual arts experiences by participating in creative activities both within and outside of the art rooms.

The Visual Arts faculty have organised and conducted numerous excursions to visit various exhibitions throughout the year. Recently lasting impressions of interesting and compelling works of art were seen at the 2013 SACE Art Show, Helpmann Academy Graduate Exhibition 2013 and of course the blockbuster and impressive exhibition, Turner from the Tate: The Making of a Master.
VISUAL ARTS FACULTY 2013
This year, the Visual Arts faculty comprises of Leon Blackman, Jan Beyer, Leonie Sawley, Sheryl Morgan, Maeve O’Hara and Glenys Haensel.

VISUAL ARTS OPPORTUNITIES FOR MARRYATVILLE HIGH SCHOOL STUDENTS
Visual Arts students at Marryatville High School are given opportunities to further their visual arts experiences by participating in creative activities both within and outside of the art rooms.

The Visual Arts faculty have organised and conducted numerous excursions to visit various exhibitions throughout the year and during the Adelaide Festival of Arts and the Adelaide Fringe, including the Art Gallery of South Australia, the SAWSTAG, Adelaide Central School of Art, Torrens Parade Drill Hall, Light Square Gallery, Flinders University Art Museum and the Migration Museum. Lasting impressions of interesting and compelling works of art were seen at the 2013 SACE Art Show, Helpmann Academy Graduate Exhibition 2013 and of course the blockbuster and impressive exhibition, Turner from the Tate: The Making of a Master.

Students engaged with the art works on display and expanded their understanding and awareness of how art works are created and perhaps more importantly, why they are created and what is being communicated.

Turner from the Tate (Ms O’Hara’s Year 10 Art Gallery SA excursion)

Turner from the Tate has captured the attention of my Year 10 Art class.

Students have enjoyed research tasks and responding to the historical, comparative and narrative components of the Education guide. In class, students have developed visual analysis to demonstrate the dynamic structure of Romantic style compositional elements. Studies of painterly techniques, effects and skills related to the dramatic ‘chiaroscuro’ contrasts and atmospheric effects used by Turner were demonstrated through enlarging a part with a viewfinder and discovering more and more to enrich their understanding of Art and their excursion to the Art Gallery of SA.

Ms Maeve O’Hara
Art Teacher

‘A Disaster at Sea…’ at first glimpse you do not realise that within the waves there are people…this artist has not only captured the seas’ ruthlessness but the desperate pleas of the people trapped in its embrace.

Chelsea Clark
Year 10
VISUAL ARTS OPPORTUNITIES FOR MARRYATVILLE HIGH SCHOOL STUDENTS (continued)

During March, students attended a Senior Secondary Student Forum to hear from recent graduates and see examples of art works, folios and visual studies, and to get a clearer understanding of the SACE requirements. Also in May, several senior Visual Arts students attended the Art Gallery of South Australia where they participated in full day workshops of Life Drawing. This was a great opportunity to extend both drawing skills and their art portfolios with expert tuition provided by talented South Australian visual artists. These students will also be invited to submit their art works for the annual student exhibition during the SALA Festival. This year the selected works will be hung at the Art Gallery of South Australia and the gallery’s director, Nick Mitzevitch, will open it.

At the beginning of Term 2, Sasha Grbich, a respected contemporary artist and lecturer from Adelaide Central School of Art, delivered a talk ‘How Artists Think’ to our senior Visual Arts students. The presentation gave students an insight into diverse art practices, awareness into the arts industry and knowledge and understanding of key concepts in visual arts.

Marryatville High School Visual Arts students have recently had international mentoring support from Chayakorn Somboonsin, a visiting Visual Arts teacher from Varijuvudh College, Bangkok, Thailand. Whilst he was here, Kom worked with several classes, including Ms O’Hara’s Year 8 Art class, participating in drawing sessions on ‘The Flat’ with students. They all enjoyed learning more about the natural heritage of our school grounds in their observation and sketching of significant gums.

He also worked with individual students and supported them with drawing techniques and provided a mask design to a Year 9 Art class.
**EXTENSION ART**

Visual Arts students at Marryatville High School participate in our artist mentoring program. Extension Art (formerly known as the Gifted and Talented Art program) is once again being held throughout the winter months. Students from Years 8 – 10 with a passion about art or indeed, just very curious and like the idea of being extended and challenged creatively, have nominated to work with practicing artist Fleur Noble who is a recent graduate from the Adelaide Central School of Art. Fleur Noble is a Director/Creator of visual-based theatre experiences and artworks of all shapes and sizes. She is a nomadic artist: she has been on the move since 2006 creating and touring new works around Australia and abroad. Fleur works with the mediums of drawing, animation, film, puppetry, projection, performance and paper to create works that are specifically focused on the performative possibilities of drawing and process. Fleur is a highly respected local young artist, and we are very privileged to have her as our Extension Art professional artist presenter.

Over the five week after school time frame, students will further develop existing creative skills and enhance their awareness and sensitivity to new experiences, new approaches and new media in the world of art.

**YEAR 12 ACADEMIC SUCCESS IN 2012**

Stage 2 Visual Arts students from 2012, Tilda Cobham-Hervey and Rose Perkins, received merits for their SACE Visual Arts – Art course.

You may have been fortunate to have seen their final practical art work last year at the annual Marryatville High School exhibition: Rose’s drawings in the Forge and, in the old laundry at Eden Park, Tilly’s installation. Rose also had practical work selected for the 2013 SACE Art Show and also won the Pro Hart Scholarship to attend Adelaide Central School of Art, Glenside.

The current senior students are busily engaged exploring and synthesising ideas, experimenting with chosen media and techniques, further developing visual thinking and technical skills – to express insights and a personalised aesthetic with their major art and design practicals.
STUDENT ACHIEVEMENT
Marryatville High School student work has been selected for the Education Centre Gallery, (DECD, Flinders Street, Adelaide), in a joint DECD and COME OUT venture from VAESA (Visual Arts Educators South Australia) members’ schools. This exhibition showcases the excellence achieved in Visual Arts teaching and learning in R-12 Schools across the state. You are welcome to view this exhibition during the month of June.

It is anticipated that there will be, once again, an end of year exhibition of student art works held in The Forge on Friday 22nd November. This display will also feature all of the completed art and design practical works of the two Stage 2 classes. All details of that event will be announced in forthcoming newsletters.

During Open Day tours in April, all visitors on school tours were delighted and impressed with the student work on display and the diversity of learning strategies, that engage students in the Visual Arts area.

The Visual Arts at Marryatville High School continues to be rewarding and creatively engaging for both staff and students.

Glenys Haensel
Co-ordinator of Visual Arts
The middle of the term has seen the Music Centre busy with Special Music student auditions, Primary School Music Festival auditions, Year 12 performance moderations and concert practices. The junior students participated successfully at the Young Adelaide Sings event and Brass and guitar students had the opportunity to participate in workshops.

Coming events include choral workshops with Paul Holley and string workshop with the Adelaide Chamber Orchestra, and the Forge Concert – featuring a number of co-curricular ensembles.

**St Peter’s Rotary Scholarship**

Ben Finnis and Ciara Fergusson have been awarded with this year’s scholarships. The junior and senior scholarship is awarded to students for a high level of personal musicianship as well as a demonstrated commitment to the co-curricular Music Program. Both students performed at a presentation evening concert and dinner at Pilgrim Church.

**Junior Choir at Young Adelaide Sings! –reported by Jasmine Lim**

On Sunday, 26th May, Marryatville High School’s Junior Choir gave a splendid performance at Young Adelaide Sings!, a choral festival at Elder Hall, The University of Adelaide.

Young Adelaide Sings! is an annual choral concert organised by the Australian National Choral Association (ANCA) which includes choirs from primary to secondary schools. This is the second public performance for the Junior Choir this year and once again they demonstrated great confidence and professionalism on and off stage.

The Junior Choir performed two songs of contrasting style. The first song, “Pentatonic Alleluia” composed by Jasmine Lim, with its aleatoric free style singing and percussion accompaniment was very well received. The second song “Don’t Get Around Much Anymore” effectively captured the jazz style.

Parents and friends commented on how much they enjoyed their performance and were impressed by the presentation of the choir.

The Junior Choir will be taking part in the Adelaide Eisteddfod in Week 8 and later in the year they will perform at the annual Junior Concert in Elder Hall.

We are very grateful to have parent volunteers, Karen Snape and Kerrie Castor who were very helpful on the day of the event. We also wish to extend our heartfelt thanks to Joel Ang, our musically talented mathematics teacher who willingly accompanied the choir.
COMING EVENTS

June 14th (Fri) W7
Paul Holley Choral Workshop
The Stables, 7pm – 9pm
Concert Choir

June 17th (Mon) W8
Choral Eisteddfod
Junior Choir, Girls’ Choir, Swing Tones, Boys’ Choir

June 18th (Tues) W8
Stage 1 Music Performance Exams
Stage 1 Musicianship – Choir room - All day

June 18th (Tues) W8
Choral Eisteddfod
Concert Choir, Pops Vocal Ensemble, Chamber Choir

June 19th (Wed) W8
Australian Chamber Orchestra Workshop
Selected Students – Performance Area - All day

June 21st (Fri) W8
Fête de la Musique, Adelaide Museum
Concert Band

June 23rd (Sun) W8
Recorder Ensemble Concert
St Oswald’s Anglican Church
Recorder Ensemble
(1:45pm) 2:30pm – 3:30pm

June 24th (Mon) W9
African Soul Performance
Year 8s
Lessons 1-2

June 26th (Wed) W9
Choral Recording Session
Selected Co-curricular choirs
3:30pm – 9:00pm

June 30th (Sun) W9
5MBS Live Broadcast
Big Band II, Full Stop, Selected students
5MBS River St, HINDMARSH
12pm – 5pm

July 1st (Mon) W10
Primary Schools Forge Concert
Selected Ensembles
11:30am – 12:30pm

July 1st (Mon) W10
Forge Concert
The Forge, 7pm – 10pm
Selected Ensembles

August 28th (Wed) W6
Town Hall Concert
Adelaide Town Hall, 7pm – 10pm
Selected Ensembles
Parents & Friends

Calling All Parents!
Parents and Friends extend a warm invitation for you to join us at our next meeting. We are a friendly bunch who enjoy meeting every couple of months, organising events which support the school, helping to foster a sense of community, and raising funds to assist with classroom equipment. You are welcome to contribute as much or as little time as you can afford.

Our next meeting is on Tuesday 25 June at 7pm at the Kensington Hotel, 23 Regent Street, Kensington.
All welcome – we hope to see you there!

Upcoming Events

Cinema Event: plans continue for a cinema event in late winter – watch this space for details, to be announced soon.

Home Game Sausage Sizzle – Saturday sport: our first barbecue with tea/coffee/soft drinks for sale will be held at the school on Saturday 15th June.

2013 Parents and Friends Meeting Dates:
Tuesday 20 August
Tuesday 1 October 
Tuesday 6 December

Mailing List and Ideas For Events:
If you would like to be included in our mailing list and/or you have any suggestions for new events and activities, please email: dl.0817_P&F@schools.sa.edu

Student Services

INTRODUCING...MORE OF THE STUDENT SERVICES TEAM

Penny Borelli – School Support Officer – Student Services
I have been at Marryatville High School for approximately 10 years. For most of this time I have been the face of Student Services. In this role I provide day to day support and assistance to students. Student Services is located in A block and is where students arriving late or leaving early sign in and out of school respectively.

Part of my role is to monitor this process and manage student attendance data. Access to lost property and telephone are also available at Student Services. Information, equipment and medication are also stored in this area for students with particular health conditions. I have Senior First Aid training and am often called upon to provide support to injured or ill students. In the event that a student is ill or injured it is usual to collect them from Student Services.

Joash Pak – Christian Pastoral Support Worker
I am the newly appointed Christian Pastoral Support Worker at Marryatville High School and this is my first time in a high school.

I am also currently studying a Bachelor of Social Sciences (Youth Work) and attend the Austral-Asian Community Church.

In this role, I represent the local churches and provide support to students, staff and families by helping staff with excursions and camps, connecting with student and parent groups. I will be at Marryatville High School 10 hours a week.

To contact me, please ring the front office. I am looking forward to working at Marryatville High School as Christian Pastoral Support worker, supporting staff, students and families.
Tennis News

MARRYATVILLE HIGH SCHOOL BOYS TENNIS GO INTERNATIONAL

Australia had four tennis teams at the International Schoolsports Federation (ISF) event recently held here in Australia at the Albury-Wodonga tennis courts. The girls teams came from Sydney and Melbourne and the two boys teams both came from Adelaide. (Marryatville High School and PAC) These teams were invited to represent Australia as a result of their efforts from the National School Teams Tennis Challenge held in November 2012.

It was a great privilege for the school’s team to represent Australia and to be a part of the host nation for the other countries attending – England, New Zealand, Turkey, Italy, Belgium, France Germany, Singapore, China, Qatar, Chile and Chinese Taipei. This was the first time the event had been held outside Europe and of course for many overseas players it was their first experience at playing on grass.

As mentioned, the event was held at the Albury and Wodonga Tennis Centres and Margaret Court – winner of 62 grand slam titles – opened the Championship at the Albury courts where she started playing as a young girl. Margaret spoke about tennis development in Australia and how sport builds relationships across the world fostering friendships which can last a lifetime.

Our team (Australia B) was represented by Yuya Ito, Oliver Taylor, Jim Zhou, Mikhil Kang and Jean Paul DeCorso and finished ninth overall. In our first pool playoffs the boys met with some very tough opponents - Chinese Tapei (finished 5th), Italy (finished 1st) and Belgium (finished 12th). In the second half of the draw we defeated both Australia A (PAC) and India. The standard of play was exceptional given that players had to be attending the one school and needed to be born in 1996 and later.

Apart from playing tennis, all countries were given the opportunity to experience our Australian culture and way of life. Educational trips were organised to the Burraja Aboriginal Centre, Bonegilla Migrant Hostel and the Wonga Wetlands for an Aussie BBQ lunch. Players also participated in a “Meeting of the Nations” evening where countries displayed their culture expo style and students performed a song/dance act to highlight some aspect of their homeland. All four Australian teams gathered together to perform “Home Amongst the Gum Trees” with actions!! Not a bad effort considering they rehearsed very little before all coming together to perform.

The closing ceremony at the Wodonga courts was followed by a dinner for the officials and players farewell function at the Albury Commercial Club.

On behalf of the boys, I would like to thank Mark McMahon for his coaching expertise during the week and to the school for permission to attend. This type of experience is unique and a once in a lifetime opportunity. Not everyone gets the chance to represent their country (even an adopted country in the case of Yuya and Jim) at an International event!

I also wish to congratulate the boys on their efforts and conduct, both on and off the court, during the week we were away. I was proud of them all.

Sue Dansie
Special Interest Tennis Manager
OPEN BOYS AND GIRLS
STATE KNOCKOUT TENNIS
CHAMPIONSHIPS 2013

During Week 3 of this term, both our boy’s and girl’s tennis teams very successfully defended their premiership titles in the State Knockout tennis competition conducted by SSSSA. This event was held at the West Lakes Tennis Club and consisted of a round robin tournament held over two days.

The boy’s team represented by Yuya Ito, Lucas Cassiano, Hiro Koyanagi, Jean Paul De Corso and Anthony Pietrafesa achieved outstanding results in all matches. The boys won all matches, including the grand final, 6 sets to 0 sets and lost a total of only 20 games over 5 matches. Results against their opponents were:

- Tatchilla: 6-36 to 0-5
- Tenison-Woods: 6-36 to 0-4
- Faith College: 6-36 to 0-0
- Unley High: 6-36 to 0-4
- Henley High: 6-36 to 0-7 (Grand Final)

The girl’s team represented by Olivia Ley, Isabella DeCorso, Masha Lobanova, Natasha Waterman and Tiffani Donohoe also played extremely well in all matches but did have a tighter result in the grand final against Henley High. Their results were:

- St. Francis: 6-36 to 0-1
- Brighton High: 6-36 to 0-5
- St Marks: 6-36 to 0-2
- Faith: 6-36 to 0-0
- Henley High: 4-30 to 2-23 (Grand Final)

All students participated in a positive manner, worked well as a team and displayed great sportsmanship at all times. They should be very pleased with both their team and individual efforts. Well done to all!

Sue Dansie
Special Interest Tennis Manager
### CO CURRICULAR RESULTS 25/5

<table>
<thead>
<tr>
<th>Teams</th>
<th>Scores</th>
<th>Best &amp; lead scoring players</th>
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<tbody>
<tr>
<td><strong>BOYS BASKETBALL</strong></td>
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<tr>
<td>Open A Boys lost to Unley</td>
<td>49 80</td>
<td>All played well</td>
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<tr>
<td>Open B Boys lost to Unley</td>
<td>37 65</td>
<td>All played well</td>
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<tr>
<td>Open C Boys lost to Unley</td>
<td>30 46</td>
<td>All played well</td>
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<tr>
<td><strong>FOOTBALL</strong></td>
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<tr>
<td>Open defeated Pulteney</td>
<td>64 34</td>
<td>All played well</td>
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<tr>
<td>Year 8/9 defeated Mercedes</td>
<td>77 33</td>
<td>Cameron Fatchen, Kody Kautsky, Will Angelberger, Stefan Jankewicz, Nic Dawes, Zac Nurton (3)</td>
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<tr>
<td><strong>SOCCER</strong></td>
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<tr>
<td>Senior A Boys lost to St Ignatius</td>
<td>1 3</td>
<td>Alex Hodgins</td>
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<tr>
<td>Year 10 Boys Div 1 defeated CBC</td>
<td>3 2</td>
<td>Harry Duldig (1), Jean Paul Decarso (1), Anthony Pietrafesa (1)</td>
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<tr>
<td>Year 9 Boys Div 1 defeated Adelaide</td>
<td>4 2</td>
<td>All played well</td>
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<tr>
<td>Year 9 Boys Div 2 lost to Pembroke</td>
<td>2 8</td>
<td>Liam Dawe (1), Charlie Miles (1), Nat Nilsen, Patrick Reimer Meaney</td>
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<tr>
<td>Senior Girls defeated Nazareth</td>
<td>7 1</td>
<td>All played well</td>
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<tr>
<td>Year 8/9 Girls lost to Cabra</td>
<td>1 3</td>
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<td><strong>BADMINTON</strong></td>
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<tr>
<td>Junior Girls defeated O.L.S.H</td>
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<td>All played well</td>
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<td><strong>NETBALL</strong></td>
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<tr>
<td>Senior B1 drew with Sacred Heart</td>
<td>13 13</td>
<td>All played well</td>
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<tr>
<td>Senior B2 defeated Loreto</td>
<td>22 9</td>
<td>All played well</td>
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<tr>
<td>Senior C3 defeated Norwood</td>
<td>20 10</td>
<td>All played well</td>
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<td>Senior C4 defeated Loreto</td>
<td>28 12</td>
<td>All played well</td>
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<tr>
<td>Senior C5 drew with St Michaels</td>
<td>16 16</td>
<td>All played well</td>
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<td>Year 10 B1 drew with Cardijn</td>
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<td>Year 10 B2 lost to Mary Mackillop</td>
<td>14 27</td>
<td>All played well</td>
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<td>Year 9 B2 defeated MHS 1</td>
<td>30 15</td>
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### CO CURRICULAR RESULTS 1/6

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<td>19 31</td>
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<tr>
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<td>All played well</td>
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<tr>
<td>Senior Girls defeated Sacred Heart</td>
<td>5 0</td>
<td>Sasha Borholm (2), Marijah Vladimirov (1), Kelsey Zafiridis (1), Lilli Cheyne (1)</td>
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Attention Parents & Young People

Being Safe and Well Online is Important.

The Safe and Well Online Study is part of an Australian Government supported initiative called the Young and Well Cooperative Research Centre. Using online environments including social media, this four year study aims to positively influence safe and well practices in young people, and to promote respect and positive attitudes and behaviours online.

Thank you to those who registered for our study last year. We are now in Phase 2 of the study and we will be emailing you shortly with information about this year’s survey.

If you did not register last year and are interested in joining our study we would love to hear from you.

We are now recruiting parents and young people to do two surveys this year about cyberbullying, respect and body image.

We need a minimum of 1,200 parents and 1,200 young people aged between 12 and 17.

Parents can then enter into a prize draw to WIN MOVIE TICKETS and young people who complete the survey can go into a draw to WIN an iPad.

Last year’s iPad winner was: S. Edwards, SA.

Click on this link for more information and to register


Please have your say and help this important project to make a difference to young people’s health and wellbeing.

This study is approved by the UniSA Human Research Ethics Committee, if you have any concerns or complaints about the ethical conduct of the project you may contact the Executive Officer of this Committee, Tel: +61 8 8302 3118; Email: vicki.allen@unisa.edu.au. The Research Ethics Officer is not connected with the research project and can facilitate a resolution to your concern in an impartial manner. If you have any questions about the study please contact: Dr Barbara Spears on (08) 830 24500 and Barbara.Spears@unisa.edu.au; or Dr Carmel Taddeo on (08) 830 24012 and Carmel.Taddeo@unisa.edu.au

Please note: Approval to advertise research in DECD sites is not to be interpreted as official departmental support for or endorsement of any aspect of the research or of its outcomes or recommendations. Such approval is granted conditional upon the researcher’s compliance with the department’s Research Guidelines and national standards of ethical research conduct.
Helping your teenager win the ‘Exam Game’

Examinations can mean testing times for parents and students. It doesn’t have to be so hard. Here’s an approach that will help ease pressure on students and maximise chances of success as well.

Article contributed by Dr. Jason Fox

There are few things more frustrating for parents (and teachers) than seeing a bright, hardworking student crumble during assessments and exams. While in some cases this may happen because of a lack of effort, most students genuinely want to do well.

An exam is a very artificial situation that needs to be approached in a specific way to maximise success. One way of framing exams to help moderate the very serious pressure many students feel about exams is to see them as a game – just a game, and a great opportunity to show off their learning.

There are three phases in the exam game – learning, revising and applying. If you want to help someone lift their game, or get their head into the game, it helps to know what the game is. Here are a few thoughts for each phase:

Learning it

In the learning phase, students are still encountering new information, and they’ve still got processing to do. Here, the focus is on understanding. You can help your teenager by letting them teach you what they have learnt each day. By giving them the opportunity to do this, they play the empowering role of being ‘teacher’ for a change. They also get practiced at communicating and applying their knowledge in new ways.

The trap here is that you may want to correct them on things, or to show off your own expertise. Instead, focus on celebrating what they do know. Be curious, not controlling.

Revising it

Here’s where it’s important to ask your teenager how they can best help them revise. Do they need a quiet space at certain times each day? If they’re lucky enough to have dinner cooked for them, could it help to have dinner served earlier? Can you help them host productive group study sessions?

Work with them, and give them the power and responsibility to craft the parameters that’ll enhance their own performance.

The single most effective technique for mastering exams is to help your teenager do a lot of them. The more exams student have practice with, the more feedback they get for their revision, and the more they can focus on what they need to learn.

Purchase copies of practice exams and then help them establish an exam-like environment to do them in. Their ability to recall information is significantly enhanced when they learn in an environment that closely resembles the environment they learned it in. If they learn and revise in exam-like conditions they’ll be more likely to recall information in exams. When students take practice exams in exam conditions, they sharpen their ability to apply what they know, rather than simply study things. It also helps them to refine and focus their revision programme early.

Applying it

There are many factors in the 24 hours before every exam that influence exam performance. Here’s an important factor: state management. You want your teenager to be 100% primed before any exam, which means you’ll want to be very focussed on positive reinforcement. You want them to feel confident and capable – not dreading what may happen if they ‘fail’. Help them to demystify the exam experience. Emphasise the opportunity inherent within exams, but remind them that exams are, ultimately, just a small part of a bigger game. In the universities I have lectured at, I would urge my students to encourage other students prior to sitting their exams, to embody the role of ‘positive uplifter’ before their exams. Not everyone would, of course, but those who did would not only make others feel better (by offering words of encouragement or by sharing a joke to elevate the mood) – they’d also feel better and more confident themselves. This sure beats students comparing how stressed they are!

Ultimately, the best way for teenagers to enter exams in the most positive state is to have their learning validated through a solid revision strategy and a diet of practice exams, low GI foods, plenty of sleep and a healthy sense of humour.

And don’t forget to remind them how proud you are to see them get this far.

Parenting Ideas Exam Expert

Dr. Jason Fox is a multi-award winning international speaker who has helped thousands of students master the academic game. You can learn more about Jason at www.drjasonfox.com and www.enjoyexams.com

Join Michael’s community of parents on Facebook. Go to www.facebook.com/michaelgroseparenting and click on the Like button.
**DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 20 June – Thursday 27 June</td>
<td>Year 11 Exams</td>
</tr>
<tr>
<td>Thursday 27 June</td>
<td>Singapore Tour Leaves</td>
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<tr>
<td>Monday 1 July</td>
<td>Semester 2 Starts Forge Concert</td>
</tr>
<tr>
<td>Friday 5 July</td>
<td>Last day of Term 2 Reports Home</td>
</tr>
<tr>
<td>Monday 22 July</td>
<td>STUDENT FREE DAY French Inbound Tour Starts</td>
</tr>
<tr>
<td>Tuesday 23 July</td>
<td>Term 3 Starts</td>
</tr>
<tr>
<td>Saturday 3 August – Saturday 10 August</td>
<td>Year 10 Snow Tour</td>
</tr>
<tr>
<td>Monday 5 August – Friday 9 August</td>
<td>Year 10 Work Experience</td>
</tr>
<tr>
<td>Tuesday 13 August</td>
<td>Governing Council Meeting</td>
</tr>
<tr>
<td>Wednesday 28 August</td>
<td>Town Hall Concert</td>
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</tbody>
</table>

**SCHOOL CONTACTS**

**Phone** 8304 8420

**Press**
1 for Reception, 2 for Student Services, 3 for Finance, 4 for Music, 5 for Business Manager

<table>
<thead>
<tr>
<th>Direct Lines</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Services</td>
<td>8304 8426</td>
</tr>
<tr>
<td>Gymnasium</td>
<td>8304 8437</td>
</tr>
<tr>
<td>Music Centre</td>
<td>8304 8431</td>
</tr>
<tr>
<td>The Forge</td>
<td>8304 8414</td>
</tr>
<tr>
<td>Student Counsellors:</td>
<td></td>
</tr>
<tr>
<td>Christopher Leech</td>
<td>8304 8428</td>
</tr>
<tr>
<td>Jenny Hunter</td>
<td>8304 8482</td>
</tr>
</tbody>
</table>

**Contact Details**

- **Year 8 Manager** Janelle Morrissey
- **Year 9 Manager** Bryce Woodley
- **Year 10 Manager** Kathryn Bereny
- **Year 11 Manager** Pauline Hansford
- **Year 12 Manager** Geof Bailey
- **International Education** Sarah Goldfain
- **Career & Transition** Laura Hudson
- **Co Curricular** Tony Byles

**ABSENTEEs, LATE ARRIVALs, EARLY LEAVERS**

For all absentees please call Student Services on 8304 8426.

For late arrivals from 8.30am, students need to sign in at either Student Services or the Library. Year 12 students can sign in at the Eden Park campus. They are expected to have a note for their home group teacher the next day.

Students who need to leave early need to sign out through Student Services.

Please contact Student Services if you have messages about students arriving late or needing to leave early.