Principal Report

Year 12 – 2014

Congratulations and good luck to our Year 12 student group, some of who began their VCE examinations last Wednesday, with the English exam beginning this three week period of external examinations. VCAL and VET students continue to finalise project work and develop pathway opportunities by updating various employment documentation and skill sets.

I would like once again to sincerely thank every Year 12 student for their efforts in leading and supporting student initiatives and the school community throughout the year. The 2014 College Year 12 Valedictory Dinner held at the The Ballarat Trotting Club was a great night of celebration and involved over 350 guests. This event focused on the achievement of this group over the last six years of secondary education, and as always was an outstanding time to view and discuss the many achievements of students while at Phoenix P-12 Community College.

As is becoming a tradition, the College presented the Year 12 College Student Leadership team with the official framed and signed 2014 Year 12 jumper on the night; and this will be hung in the Library Resource area of the College to commemorate the ‘Class of 2014’ into the future.

Year 12 Individual Highlights during 2014.
Maddison Sharp - recipient of Pierre de Courbetin Award; Debutante Ball; Four members completed the Youth Parliament Program; VET Hospitality Catering; Genetic Engineering Session; Back to Business; 2014 World Skills Australia Championships - Lucas Hammond; Senior Football Team; School Band Captain; Sydney VCAL camp; World Challenge fundraising and trip; State Level Cricket Representative; MC of the opening of State Multicultural Week;
Student Leadership Representative in Canberra.

On behalf of the College community, we congratulate you on the great achievements you have accomplished during this twelve-month period and wish you well with the end of year examinations and final year reports.

We look forward to hearing what 2015 and beyond holds for you all.

**A number of students who commenced in 2014 were successful in gaining full time employment throughout the year and said good-bye to Phoenix P-12 Community College. We would also like to congratulate them on their successful transition into the workforce.**

Mr Scott Dellar
Executive Principal

Annual College Presentation Evening
Tuesday 2nd December 2014

This year’s Presentation Evening will again be a “night to remember” and will include the special guest appearance of renowned filmmaker, Khoa Do, who delivers an inspiring presentation that reinforces our $million student mantra, with an underlying belief that ‘In every obstacle, lies an extraordinary opportunity’. Khoa was awarded the Young Australian of the Year in 2005, the first time a film-maker has been bestowed this prestigious award.

Khoa’s journey, from arriving in Australia as a refugee on a tiny fishing boat to becoming the 2005 Young Australian of the Year, is a journey of courage, resilience and hope, despite all opposition.

The night will also feature live band performances and a post-awards gathering.

Khoa Do is a keynote speaker, film director, writer, volunteer and teacher with extensive experience working with the most disadvantaged in our community.

As a volunteer and teacher, Khoa has received multiple awards for his work in the community and with youth – the Young Vietnamese Australian of the Year Award, the Young Citizen of the Year Award and the Young Australian of the Year Award.

As a film director, writer and producer, Khoa has had incredible success, being nominated for AFI Awards, Film Critics’ Circle of Australia Awards, Australian Writers’ Guild Awards and Australian Screen Director’s Awards.

His first short film was shortlisted for an Academy Award, and in 2004 he was the youngest film director in Australian history to be nominated for an AFI Award for Best Direction.

As a keynote speaker Khoa has travelled globally, speaking to audiences across several continents. He has appeared on all platforms, whether it be speaking to newly arrived refugees in Cabramatta, Aboriginal kids in Alice Springs or to the Prime Minister and the leaders of our country in Canberra. After hearing him speak, the Governor General of Australia, Major General The Honourable Michael Jeffery, exclusively asked for Khoa to interview him to launch Australia Day 2006.

In Khoa’s signature keynote presentation he shares his amazing life story, one that began with an infant fleeing Vietnam on a tiny fishing boat and culminating in Khoa being named the Young Australian of the Year. It is a personal journey of courage, resilience and hope amidst extraordinary opposition.

Over the years, he has worked tirelessly with marginalised communities including at-risk and homeless youths, former convicted prisoners and refugees of multiples nationalities, inspiring and guiding them to success.

Khoa’s belief is that everyone on a team, no matter what their background or experience, is extraordinarily gifted and that our goal is to help others to realise their true potential.

Regarded as one of the funniest and most moving speakers in Australia, Khoa Do’s presentations encompass tapping into your inherent creativity, focusing on what you have and harnessing your natural talent to reach ultimate success.

We are looking forward to spending this wonderful night of celebration with Khoa Do and you on Tuesday 2nd December, where we celebrate the sensational achievements of the College during 2014.

SENIOR SCHOOL UPDATE

The last month in the Senior School has been a wonderful time for our Year 12 students and the entire cohort has demonstrated what a wonderful group of students we have. We had over 350 people at our Valedictory Dinner and the night was a huge success at The Ballarat and District Trotting Club. Students went to Bounce the following day and celebrated with costumes and games. The entire group must be complimented on their behaviour and attitude to school for the year.

Pictured above: Year 12 students ready for their BOUNCE excursion.
Students have started the exam period very well and need to continue to look after their health and wellbeing for the next few weeks.

The Years 11, 10 and 9 students are at the end of Subject Selection and will now be counselled about their Pathways in the coming weeks. Please ensure that you are talking to your students about their choices and ensuring they’re making good decisions. Over the coming weeks it is particularly important to keep in touch with the House Managers to ensure you are up to date with your student outcomes.

Mr Andrew Greed - Assistant Principal

MIDDLE SCHOOL UPDATE

Plenty is happening in the Middle School at the moment. We are about to undertake course counselling which will help all students and staff prepare for their Learning Programs next year. At assembly last week we focused on ensuring that students meet all work deadlines and have discussions with their teachers about what final assessment tasks they have.

Ms Mayne is working with a group of 50 excited Middle School students as they make final preparations for their trip to Queensland. This is a massive adventure and we wish all of our travellers safe journeys and exciting times. Please ensure that you have read all notices carefully in terms of packing the required materials and that you observe the weight requirements for luggage.

Plans are well underway for our Academic Achievers Program which commences in 2015. This is a fully accredited Select Entry Academic Learning Program for students entering Year 7. There was a rigorous set of tests to be undertaken which took some two and a half hours.

We now have twenty successful applicants for the program and we look forward to welcoming them to the College in 2015. In addition to this we are preparing for 175 Year 7 students in total; it will be an exciting time for all of us.

The Year 9 Graduation will be held at the Ballarat Golf Club on Wednesday 26th November from 6.30pm - 10.00pm. The cost is $40 per head. Notes have been sent home with students and need to be returned with payment.

Please take the time to read the attached Uniform Policy to refresh your memory for the start of 2015. All students are expected to be in full Phoenix P-12 Community College uniform.

Mrs. Karen Snibson - Assistant Principal

FROM THE BUSINESS MANAGER

Thank you to those families who have paid their family educational costs for 2014 - if you have not please make your payments as soon as possible.

REMEMBER ---- The COLLEGE MAGAZINE is well underway and will be distributed in December. Payment must be made by the end of November please.

Time to think about strategies to help with 2015 costs - Start Budgeting NOW

Payment planning options:

- Make fortnightly payments in cash, cheque or credit card to the College General Office.
- Set up a fortnightly/monthly direct payment plan to your Family Account at Phoenix P-12 Community College using BPAY – details are on your statement or available from the College General Office.
- Centrepay option is also available at Phoenix P-12 Community College. Please contact Centrelink or collect a form from the College General Office.

Any balance saved in your Family Account at the end of the year will be carried forward and credited to Educational Costs for 2015. The 2015 Fee schedule is below.

Core Charges for 2015

Primary Campus

| Years P – 2: | $200.00 |
| Years 3 – 6: | $230.00 |

Educational costs include Subject fee, Amenities fee, ICT Network and other Core Curriculum costs and include the cost of Swimming and all Curriculum based excursions (non-refundable) for the Primary Campus. Camps are not included and will be an additional cost which are charged to the Family Account at the time of the activity.

Secondary Campus

| Year 07: | $330.00 |
| Year 08: | $300.00 |
| Year 09: | $250.00 |

| Year 10: | $250.00 |
| Year 11: | $240.00 |
| Year 12: | $240.00 |

Educational costs include Subject Charge, Amenities Fee, Other Core Curriculum costs and include Lockers, ID Cards, various Curriculum activities, ICT Network, Printing, College Magazine and the Student Diary/Handbook according to Year level requirements.

Additional costs:

Senior Elective fees (Years 8 – 12) are incurred when students choose their subjects and are charged to Family Accounts accordingly. Additional fees are incurred for Musical Instrument Hire, Specialist Sports, Years 8-12 (Including VCE) electives and other extra-curricular activities as selected. Elective charges will be processed at the beginning of the year for both Semesters.

Camps and some excursions are NOT included in the above charges and are charged nearer the time of the activity. Family receipt envelopes will be attached to all camp and excursion notices to be used for payment and MUST be returned to the College General Office or dropped in the “slot” for processing. Payment for excursions MUST be paid one week prior to the
activity. Receipts will be issued if requested. Curriculum Excursion payments are non-refundable (except for special circumstances) as participation is a required part of the subject program.

BOOKLISTS 2015
Ballarat Books will be supplying the Back to School booklists for students in Years 7 – 12, and RADMAC – Office Choice will be supplying the booklists for the Junior Campus. Please be aware that full payment to Ballarat Books (Senior Campus – January 22nd) and RADMAC (Junior Campus) will be required when you pick up your booklist package – so plan ahead.

Ms Lorraine Hayes - Business Manager

SCHOOLKIDS BONUS IS BACK
Remember there is NO EMA though.


Payment rates for the Schoolkids Bonus
From 1 January 2015, eligible families will receive Schoolkids Bonus in:
- Two instalments of $211 for each child in Primary School - a total of $422 each year.
- Two instalments of $421 for each child in Secondary School - a total of $842 each year.

If you share the care of your child with another person, you will receive a percentage of this payment. This will be based on the percentage of Family Tax Benefit you receive for the child.

Eligibility basics
- A parent or guardian receiving Family Tax Benefit Part A for a dependent child in Primary or Secondary Education.
- A Primary or Secondary student turning 19 years or younger in the calendar year, who receives certain government payments.
- Satisfy an income test(1) (applicable from 1 January 2015).

How you will be paid the Schoolkids Bonus
Schoolkids Bonus can be paid in different ways. If:
- you receive fortnightly payments, your Schoolkids Bonus payments will be paid in January and July.
- you claim Family Tax Benefit as a lump sum, you will get your Schoolkids Bonus payment (if eligible) when your lump sum claim is assessed, and after you and your partner have lodged your tax returns.
- you are a student and your Centrelink payment normally goes into your bank account, you will get the Schoolkids Bonus the same way.
- your payments are income managed, your Schoolkids Bonus will be paid directly to your Income Management account.
- you receive an education allowance for a child from the Department of Veterans’ Affairs, they will pay your Schoolkids Bonus for that child.

If you prefer, you can change from receiving a lump sum to a fortnightly payment and receive the Schoolkids Bonus when the next payment is due in January or July. This can be done through Centrelink online accounts.

Further information can be found at: http://www.humanservices.gov.au/customer/services/schoolkids-bonus

•Don’t forget to sell your uniform and books using the website below.

SUSTAINABLE SCHOOL SHOP

Sustainable School Shop offers online trading and is an efficient, low cost way for families to buy and sell / even swap their school text books, uniforms and school supplies. (Although you cannot sell old Sebastopol uniform you may have new uniform or be looking to buy).


The Sustainable School Shop has been offered to the College and all families for twelve months to enable all families to try the website and see how easy it is to use for no cost. This site is used by schools from Victoria, Queensland, New South Wales and South Australia. You never know someone might just need those old books you have floating about.

NEED HELP WITH IT ???
Mrs Bedford, our Parent Liaison Officer, is available to give advice and assist you to upload your goods or help add a search to find books or uniform if you are not confident in computer use. Her number is 5329 3210.
CITY OF BALLARAT AWARD

Katelyn Stares has been awarded the City of Ballarat Youth Services Challenge and Change Award. This was presented at the Regent Multiplex in front of a large crowd and entrants. Katelyn has been a long time CFA volunteer, raised money for several charities and combined part-time work with volunteer work and Year 12. This Award recognised her great contribution to the community, her leadership and ability to adapt to change.

Pictured left: Recipient Katelyn Stares Year 12.

“PROJECTIONS” WINNER

This week Jessica Amos, Year 10, was presented with a Samsung Galaxy Note tablet which she won by entering an Art competition organised by Telstra. Jessica along with Hannah Young and Ashleigh Sorrell Year 8, had to draw their interpretation on how the NBN will enhance life for themselves and others in the future. Their Art work will be projected onto the Ballarat Town Hall at dusk every night for the next week. It was fabulous seeing Jessica's face when the announcement was made as she had no idea that she had won. A well deserved winner!

Pictured above: Kathie Taylor - Telstra, Jessica Amos and Bill Mundy - Telstra.

PETER DOHERTY - SCIENCE AWARD

Recently a Presentation Evening for the Peter Doherty Science Award was held at Federation University. Four of our students (2 groups) made it into the finals with their outstanding projects: Lucy Whitfield and Casey Hamilton-Bayly with their project ‘The Dirt on Hand Sanitiser’ and Ally Dennis and Emiley Cody with their project ‘The Power of Suggestion’.

The girls presented confidently, clearly and enthusiastically and were up against some impressive competition. Unfortunately neither group won the overall award but Ally and Emiley did win the award for Best Presentation of the Evening – a fantastic effort!

A special thank you goes to Mr David Jones for mentoring these students in his Year 10 Science class and to Ms Jill Ebbs and Miss Caitlyn Anderson-Whitecross for supporting the students and their families on the night. Please congratulate the girls when you see them – they were so excited and nervous but gee they did a great job!

Ms. Sonia Kahanoff - Head of Science

YOUTH OF THE YEAR PUBLIC SPEAKING

Kristopher Keays, Year 11 student, recently participated in the Lions Youth of the Year Award in Public Speaking. He had to write a five minute speech and deliver it within the time constraints to an audience, then complete an impromptu speech on a topic chosen by the panel. Kristopher also attended an interview at the NAB and was quizzed by a panel of Ballarat Professionals. It was a great experience.

Mr Andrew Greed - Assistant Principal
In October we had two students represent Phoenix P-12 Community College Redan Campus at Llanberris, Patrick Boag and Tiarah Head.

Patrick competed in the 10 year boys High Jump. His best jump was a jump of 120m which is an outstanding effort.

Tiarah competed in the 100m sprint and Long Jump, coming first in both events. Tiarah then competed at the State Athletics Championship. In Long Jump she jumped 1.95m giving her third place and she also ran in the 100m sprint.

I had the pleasure to travel down and watch her compete. She entered each event with the expectation of doing her best and she certainly did that. Congratulations to both Patrick and Tiarah on their excellent achievements in Athletics.

Belinda Slater
Redan Campus - PE Teacher

Wow what an experience this year’s State Athletics was! Our Under 15 boys managed to win gold in their relay team by 3 hundredths of a second!

The team consisted in order of how they ran with Rodney Davis our super starter who was magnificent with a perfect start, followed by Matt Brehaut (the baton change between these two was like silk, so smooth and efficient you would swear they had been doing it for years ). Matt managed to take us into the lead up the back straight, then the baton was passed to Tanner Norman. Tanner ran like lightening around the bend putting in a solid performance and then passed the reins to Mason Keast who at this point was in third place.

Mason just killed the home straight to finish a winner in my mind. As spectators we were jumping and screaming and hugging, it was awesome. I was so proud of them. However there was no official notification of the winner; the boys had an anxious ten minute wait before it was confirmed on the scoreboard that we had won. Then there was a further ten minutes because a protest was being put in.

It had to go upstairs to a jury, so our outstanding young men had to wait a good 35/40 minutes after their race before the officials came back to say that the original decision was upheld, and Phoenix P-12 Community College were given gold. State Champions! Go Phoenix!

Mason Keast competed in the 100m Hurdles, 100m Sprint, Long Jump, High Jump and the 200m as well as the Relay. (Gold).

Mason smashed his PB in the Long Jump to take out Silver. He also won Bronze in the 100m, 4th in the 200m, 5th in the Hurdles.

Rodney Davis Competed in the 400m (8th), and 200m Relay (Gold).

Matt Brehaut Competed in the 100m hurdles (6th place), 200m Relay (Gold).

Tanner Norman Relay (Gold).

These boys are a credit to themselves, such wonderful young men, sensational. Thanks go to Mr Danny Hay for all his hard work and Mr Peter Luke with training.

Mrs Faye Kricak
VCAL

Pictured above from left: State Champions Matthieu Brehaut, Mason Keast, Rodney Davis and Tanner Norman.
CAREER CENTRE UPDATE
Leap into Science @ Bacchus Marsh, Ecolinc Centre
Years 9 and 10 students from Phoenix P-12 Community College were among 65 students from four schools who attended this very informative day to discover more about the work of science linked to our wellbeing. Students undertook activities to see how science communication, analysis and chemistry was of high importance in the Pharmacology Industry. Students could go about their work and then tested their skills in specifically designed laboratories.

Mindshop Excellence
This year six students represented Phoenix P-12 Community College as part of the Mindshop Excellence Program. They were faced with designing a plan to support clients from Ballarat Regional Industries (BRI) into retirement. This was quite a challenging issue for our students considering many of them have not commenced their own working life. BRI were very impressed with the graduated retirement plan, and are already implementing the procedures put forward by the team. Congratulations to the students involved. Brodie Kamp, Ciara Bradley, Anne-Valinda Douglas, Tayla Jarvis, Felicity Liston and Thomas Eastman.

Australian Indigenous Mentoring Experience
Nine students from Years 9 to 11 attended this year’s AIME Program participating in workshops that focused on Building Resilience, Cultural Awareness, Leadership, Speech, Creative Writing, Art and Mentoring for life. All students found it very beneficial for their personal growth and had a great time working with students from other schools. Congratulations go to Ellen Milera, Amber Barker-Lovett and Thillyaana Jones.

Australian Mathematics Competition
In August this year Phoenix P-12 Community College once again ran the Australian Mathematics Competition sponsored by the Commonwealth Bank. On the day we had approximately 100 students across Years 7 – 12 compete for the prestige of being ranked amongst the country’s best Maths students. After 75 minutes of gruelling conundrums and three months waiting the results are out! Pictured are (from left to right) Chelsea Brookes, Natalie Kirley and Thomas Parkinson, three of our top four Maths students on the day (Dylan Mountney was absent). Special congratulations must go to Chelsea for receiving a score that put her in the top 10% of students in her age group in Australia!
PHOENIX P-12 COMMUNITY COLLEGE ROWING TEAM COMES SECOND!

On the Ballarat Show long weekend, staff members Laura Head and Mitch Jolly had the pleasure of being involved with the College’s first ever rowing regatta.

The girls were straight into the D Grade Final and were absolutely fantastic. They overcame an early scare and a near crash from another crew at the start, showing great composure to remain competitive in their very first race finishing second to one of the Damascus crews.

We would like to congratulate Mary Greed, Ally Dennis, Holly Dawson, Caitlin Ritchie and Abby Simpson, they were simply fantastic.

We have been invited to participate in the Head of the Lake in 2015 which will be a fantastic opportunity for our students and the College.

Miss Laura Head and Mitch Jolly - Coaches

Year 12 Arts Students Exhibit their Final Art Works

After nine months of creative and challenging hard work, the students studying Studio Arts and Art displayed their Art works as part of “A Showcase of Student Achievement in Art & Technology” exhibition held in the Ballarat South Community Hub. The work on display showed the end result of hundreds of hours spent problem solving their creative ideas, to be able to reach the end stage of producing finished Art works. The exhibition was a terrific way to illustrate to the whole school and the wider community the diverse talent of our Visual Arts students. Mrs Lesley Costley-Gray

Bianca Eustice 2B2

Paige Paterson 2B2

Sarah Lauder 2A1
Hertford Gardens Performance

As part of their assessment, Vocal Magic students performed a half hour concert to the residents of Hertford Gardens Retirement Village. A ten minute warm up in the LRC as part of the Live Program in front of fellow peers left the students excited to perform once again.

They performed several songs including “Rolling in the Deep”, “All of Me”, “Cabaret”, “Rip Tide” and “Set Fire to the Rain” to mention just a few. The residents were very appreciative and after the entertainment enjoyed afternoon tea with the students. It was great to see two generations interacting and being brought together by the love of music. The students were invited to perform again and are busy preparing their next set of Songs.

Light The Night Fundraiser Event

Early in October Madyson Holloway, Natalie Kirley, Alana Hargreaves, Felicity Liston, Jack Height and I attended the Leukaemia Foundation ‘Light The Night’ Fundraiser. We were asked to perform a half hour set of songs. Although we had to compete with the Ballarat Brass Band and younger children, the night was rather successful. Everyone got to sing a song and had a lot of fun; many compliments flew our way and we had the whole hall dancing. It was an honour to be part of such a special cause and the organisation raised over $10,000. We have been invited back to perform in 2015.

By Dana-Jade Carlson

COUNT US IN

Phoenix College Singers, Vocal Magic and Redan Campus Choir students performed at the “Music Count Us In” Live event recently. This is Australia’s biggest school initiative with over 2,100 schools and 500,000 students participating nationwide.

Primary and Secondary School students come together to perform the one song. This year’s song being “Paint Me A Song”, written by Year 10 students H. Angus, E. Claxon, J. Foreman, A. Gill, K. Giaio, W. Kennedy and N. Wendt.

Year 7 classes along with Redan Campus Prep students and Grade 5/6 students supported the event as an audience. Thank you to all the staff who came to support the event as well.

A huge thank you to Mrs. Weir (Redan Campus) and Ms. Ford (Sebastopol Campus) for their support with rehearsals and direction in this event.

By Will Gibson, Holly Armstrong and Chloe Barendsen.

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By Will Gibson, Holly Armstrong and Chloe Barendsen.
For Sale
Five Cubby Houses
built by our VET Building and Construction/Woodwork students.
Details: 2.4 m long and 1.5 m high. Cost: $750 each.
For more details please contact
Mr Tim Blee or Mr Christof Muller on 03 5329 3293.

Sally Baulch - Singer/Songwriter

In October a past student of Ms Lana Ford, Sally Baulch - Singer/Songwriter, visited the Vocal Magic class.

Sally conducted a Master Class to show students how to write their own lyrics to songs and give those who wanted to sing in live performances some tips on breathing and changing tone to suit their voice.

After discussions with the class she performed her own original song called “Ooo La - La” which is about staying positive about everything in life. She then had time to sing the song “Riptide” by Vance Joy and have fun using guitars and ukuleles with the class.

It was a really enjoyable class and we would love to have Sally back in the near future. For further information regarding Sally Baulch, visit www.sallybaulch.blogspot.com.au

By Tylah-Ann Head and Bianca Timofte

Bigger and better were the words used by our students. This year’s entertainment came from a wide range of our school community. From Band, Choir Students, Teachers, Science Laboratory Technicians, Library Staff, even a School Nurse performed. Samuel Shaw from Woady Yaloak Primary School was the youngest performer in the band and Aidan Cowie, a past student, is still a regular Band member.

The Band warmed up the 110 strong dining audience with charts such as “Fever”, “Pink Panther”, “Fireflies” and “Disco Lives”! Jack Height kicked off the vocal charts with “Cabaret”. Wow! that was the start of many awesome performances to come. Vocal Magic (“Set Fire to the Rain”), Phoenix Singers (“Imagine”), Mr. Brodie Glen with Skye Elsey (“Wagon Wheel”) and William Stephens (“House of the Rising Sun”).

Miss Ford (“Can’t Help Lovin’ Dat Man”), Ashleigh Sorrell (“Not Pretty Enough”), Olivia Mulholland (“First Day of My Life”), Ms Angela Quinn (“Gotta Get Outa This Place”).


Mr Josh Dwyer (Librarian) was a standout. He not only sang and played guitar, but also wrote his own lyrics. He was absolutely awesome! The Cross-Foy singers, who have been a large part of the Performing Arts over the past 10 years, finished off the night with “Something’s Got a Hold on Me.” Thanks to all who supported the Phoenix P-12 Community College Cabaret 2014. We are looking forward to 2015!!!

Mr Netherway - Musical Director
**EXAM SURVIVAL**

**Exams and studying for exams can be a really stressful time in your life.**

To help reduce stress and ensure that you're as organised as you can be, learn more about planning and looking after yourself and about staying focused in order to be as ready for the exam as you can be.

**Take the time to plan**
- Prepare a study plan and goals for each day / week. Make sure it's balanced with other important things in your life - that way it will be easier to stick to.
- Talk to your employers early to let them know you need to limit your shifts. Create a study space that is comfortable, quiet, well lit and organised.

**Look after yourself**
- Self care is especially important when you have a big demand in your life - that way you have the energy to commit to what you need to accomplish.
- Don't get hungry before or while studying. Grab nutritional snacks that keep you going. Don’t forget relaxation and exercise is important!

**Rest when you need to**
- Work out what times of day you have the most energy and plan to study then. Don't study more than 40-60 minutes without a short break. Even a 5 minute break will help. A glass of water helps too!

**Stay focused**
- When studying, switch your phone off to stop the distractions. Don’t check facebook! Try to keep a focus on your health and wellbeing by not using things like drugs or alcohol; they can make it much harder to study.

**Ask for help**
- Stay at school until your last day so you don’t miss any important info about exams. Practice writing essays and show your teachers for feedback for improvement.

**Be prepared**
- Use your trial exam results to focus in on what you need to study.
- Use previous exam papers to get a feel for what to expect.
- Talk to your teachers!! They are there to help you!

**Day of the exam**
- Do your usual routine, for example, have what you normally eat for breakfast. Take some water and a healthy snack (if allowed) to the exam.

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**After School Program Term 4**

**Sebastopol Campus – Grade 6 - Year 8**
This term the following activities will take place after school from 3.15 p.m. - 4.30 p.m. on the following dates. Students will come to H10, have afternoon tea and then go to the listed activity. Any enquiries should be directed to Mrs. Jolly on 5329 3293.

**18th November**
**Students Night** - 6 activities from 6 groups of students in the Gym.
**Staff Member:** Leaders/ASP Staff
**Need to bring:** Runners

**25th November**
**Chinese Night in H10**
**Staff Member:** Ms. Yu
**Need to bring:** Art Smock

**2nd December**
**Movie night in the Applied Learning centre (aka) Community Challenge. Will finish at 5.00 p.m.**
**Staff Member:** Leaders/ASP staff
**Need to bring:** Runners

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**And finally...**
If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from someone! A teacher, school wellbeing staff, a counsellor, or help line. Headspace are a great resource!
2014 CALENDAR

NOVEMBER
21st Year 11 into Year 12 Orientation Program (21st—27th inclusive)
24th Year 10 Exams - ALL WEEK
27th Year 11 Final Day
28th REPORT WRITING DAY
Student Free Day - Both Campuses

DECEMBER
1st Year 10 into Year 11 Orientation
2nd College Presentation Evening 7pm
Founders Hall, Federation University
5th Year 10 Final Day
9th Orientation Day Year 7 2015
9th Prep 2015 - 9.00am - 1.00pm
Redan Primary Campus
8th Middle School Camp
Queensland - ALL WEEK
10th Grade 6 Graduation
Ballarat South Community Hub
13th Redan Campus Community Celebration Night 6.30pm - 8.30pm
19th Last day of Term 4. No formal classes, students who attend will be supervised until 2.30pm.

NAPLAN RESULTS
YEARS 7 & 9 are now available from the General Office Sebastopol Campus for parents to pick up.

COOK OFF WINNERS 2014
The winners, with an amazing Stir Fry, were the boys from 7C2. Toby Ward lead his team consisting of Ryan Mooney, Braydan Jones and Jayden Nikkelson-Humm to an outstanding victory over 7A1’s Banana Muffins and 7B2’s Fried Rice. All the students did an awesome job. Once again, Jamie Winton from Pipers has donated lunch for the winners, so please support this business if you are looking for a meal out. Thank you to all the Year 7 teachers who supported this program.

It must be in the name but another huge thank you to Mr Nic Johnston who turned up every Friday to interact with the kids and judge their cooking efforts. Also thank you to the Cookery Department for letting us take over K60 again.

Mrs. Lorraine Firth
Student Services

Thank you to those families who returned their Parent Opinion Survey’s for 2014.
The winner of the Red Lion Meal Voucher is the ‘Jeffrey Family’

CONGRATULATIONS!!!!