17 October 2014

From the Principal

I would like to thank the school community for their warm welcome to Georges River College Peakhurst Campus.

My first week at the school as principal, has been fast paced and intense but also satisfying and rewarding. I have enjoyed meeting staff, students and members of our local community as well as building my understandings of the learning opportunities, welfare initiatives and processes and procedures that are particular to our school. I acknowledge the tremendous student and whole school achievements that are on record and am excited about new possibilities and directions that are ahead of us.

Leading a large, comprehensive high school like GRC Peakhurst is a complex and demanding role that was capably filled by Neale Harries over the past two years. I would like to thank Neale for his care and stewardship of our school community during that time and wish him well as he returns to his substantive position at GRC Oatley. Fortunately for us, this means that Neale remains a part of our broader school community and we will be able to remain in contact and make use of his insights and knowledge.

Although I have only been at the school for a very short time (nine days to be exact), I have been most impressed by the dedication, energy and professionalism of staff. Their passion for best practice, collegiality and genuine care for students as individuals, are strengths that are quickly apparent. I am looking forward to working as part of this great staff team.

On this note, I would like to particularly thank Scott Wilson, Christine Keir and Carmel O’Shea for making my first week that much easier and smoother. Their collegial support and sharing of insights and expertise have been very much appreciated. I would also like to welcome Holly Northey back from her extended leave and look forward to working with her as she resumes her role as deputy principal in week 2 of this term.

My first impressions of the students have been very positive and encouraging. The students that I have met, have been politely inquisitive, respectful and overall confident when introducing themselves to me. Furthermore, their overall behaviour in the playground was impressive, reflecting some of the key, core values of the school; respect and responsibility. I look forward to getting to know many more students, both the confident ones and the ones who are less so, and together with staff, plan how to best meet their individual needs.

Importantly, the significant role played by families and caregivers of students cannot be overstated. I am excited to learn that we have a supportive and active P&C and take this opportunity to invite everyone to the next P&C meeting which is to be held on Tuesday, 11th November at 7.30pm (and every 2nd Tuesday of each month thereafter ), in A Block, Board room. I look forward to meeting everyone and encourage those who have considered attending in the past but have not done so yet, to give it a go.

Term 4 has begun with a bang! There is a lot of hard work and teaching and learning ahead of us. Students will have assessments to submit, homework to complete, exams to sit for, teacher feedback to reflect and act upon, excursions and extra-curricular activities to participate in, leadership roles to fulfill, team work to contribute to…. Sometimes, teaching and learning can appear to be a very serious and hectic business but we must always remember that teaching and learning can be and indeed should be, satisfying, rewarding and fun. Enjoy this term together!

Mr Terry Vallis
Principal

UPCOMING EVENTS

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<tr>
<th>Event</th>
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<tr>
<td>Year 9 Yearly Exams</td>
<td>Tuesday 21st October –</td>
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<td>Thursday 23rd October</td>
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<td>Year 10 Yearly Exams</td>
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<td>Support Unit Camp</td>
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<td>Year 10 Graduation 9:00 a.m. – 11:00 a.m.</td>
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<td>Year 7,8 &amp; 9 Presentation Day 12:30 p.m. – 2:30 p.m.</td>
<td>Monday 15th December</td>
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<td>Last Day of Term for Students</td>
<td>Wednesday 17th December</td>
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Year 7 Advisors Report

Term 3 Year Meeting

It was great to have Mr Harries and Ms Diamond attend the meeting and acknowledge the outstanding achievements that students have made this year. Principal’s Distinction Certificates were presented to recognise achievement and effort. If you did not receive a certificate make sure you reflect on your performance and effort and strive to improve and do your best.
Yearly Exams
Good luck for this reporting period Year 7. Make sure you do revision and exam preparation. I am keen to read your Yearly Reports, to see how you have performed and contributed to the school. Keep up the good work!

James Cooper
Year 7 Advisor

YEAR 9 Advisors Report
All Year 9 and 10 girls were involved in a tutorial on PAC MAN, Safety Awareness for Women. The girls were talked through the analogy of PAC MAN and then had the opportunity to practice some basic self-defence moves with a partner. This great opportunity was presented to the girls by Taipan Muay Thai gym: instructed by Tony Favuzzi and Elias Dolaptsis.

At the beginning of Term 4, every Thursday and Friday mornings replacing roll call in the classroom, ALL of year 9 have started a Physical Activity program.
This program is designed to positively impact on your child’s learning. Recent research indicates that an increase in physical activity leads to enhancement of cognitive functioning (information processing), memory, concentration, behaviour and academic achievement for all children. The link between physical activity and academic achievement has seen our Year 9 students at the Hurstville Campus improve their academic results significantly over the past year and student engagement is at an all-time high.

The success of this program and the overwhelming benefits to the students is dependent upon full cooperation and participation of the students involved. Please ensure your child comes prepared each week.

So far our students are very engaged in the activities run by the PDHPE faculty and seem to be really enjoying getting out of a morning and working up a sweat. Keep up the great effort year 9. It is also great to see the majority of the students in full PE uniform and changing to their school uniform as instructed after the session. Well done.

Just a reminder that year 9 yearly exams are being held during week 3. I encourage all students to closely look over what is in their notification for each subject. This is a guideline of what areas you should be covering. Good luck to all the students.

If you have any questions or concerns, please do not hesitate to contact Mrs Sophia Favuzzi.

Sophie Favuzzi
Year 9 Advisor

YEAR 10 Advisors Report
Earlier this week, your child would have brought home a very important letter outlining school expectations and procedures for the following:

- ROSA/Yearly Examinations
- Stage 5 Certificate
- Attendance
- Leave
- School Formal
- GRC Oatley Orientation
- Clearance day
- Year 10 Presentation Day

Please familiarise yourself with the contents of this letter and feel free to contact me if you have any questions. This letter is also available on the school website and an app alert was sent, advising of its distribution. If you have not already downloaded the school app to your iPhone or Android phone, please do so as it is an excellent way of staying informed.

Impressions of Me
On the 16th of September all Year 10 students participated in a welfare program called Impressions of Me. The focus of this program was to improve students body image and self-esteem, as well as to provide them with the building blocks for improving on their self-confidence and making good first impressions. The presenters, Sean Brandtman and Casey Beros were both from a health and media/television background and were able to inspire and educate our students in a positive and influential manner!

Year 10 Formal
The night is almost upon us! Thank you to the Formal Committee and all Year 10 students who have been contributing towards the organisation of the evening. By now, all students should have finalised their formal payment.
The bus which will take students to and from the venue will be departing school at 5:30pm. All students are required to arrive at school no later than 5:10pm so that photographs may be
taken before departure. The bus will return to school between 11:40pm and 12:00am. All students must be collected by a parent/carer.

**Elise Whiley**  
**Year 10 Student Advisor**

From the PDHPE Faculty

**School Representation**

Congratulations to **Tyrone Ferreria** of Year 9 who has been selected to play in the Australian Youth Touch Football team. Tyrone departs for Wellington, New Zealand on Tuesday 14th October where his Australian team will play New Zealand in the Trans-Tasman Cup. We wish you all the very best, Tyrone!

![Tyrone Ferreria](Image)

This week, 5 of our students take on other Australian states and territories at the Oz Tag National Championships in Coffs Harbour. Well done to Tully Brown (Year 10), Tallis Brown (Year 7), Kanaan El-Etri (Year 10), Omerhan Turk (Year 8) and Tatiana Waitere (Year 10) on their selection in their respective NSW age group teams. Special congratulations to Tully, who has been elected as team captain! Good luck - we can’t wait to hear how you go!

![Tully Brown, Tallis Brown, Kanaan El-Etri, Omerhan Turk, Tatiana Waitere](Image)

**Examinations**

The PDHPE/LOTE department would like to wish Year 9 and 10 students all the very best for their exam blocks. Ensure you are thoroughly prepared and see your classroom teacher if you have any questions.

**Staff VS Student Lunchtime Sport**

Term three saw the re-introduction of staff vs student lunch time sport. The first game was basketball and the teachers were triumphant over the overly confident students! The age, shape and perceived ability of many of our teachers lulled our young whippersnappers into a false sense of security! Man of the match and players player was Mr Morley without a doubt – an all-round weapon!

The second match was volleyball, where again the teachers were successful! However, this game was a real nail biter and came down to the last few points.

Staff are now up 2-0, so come on students - give them a bit of competition. Oz Tag and Softball will be up next, so ensure you listen out for announcements at assembly.

![Staff VS Student Lunchtime Sport](Image)

**Elise Whiley**  
**PDHPE Teacher**

From the Special Education Faculty

Welcome to Term 4! We hope you all had a relaxing holiday and are ready for the Term 4 frenzy! Many exciting events are planned, so please check your child’s communication book regularly. A term calendar was sent home last week. I’ve also included a few ‘Save the dates’.

This term we are participating in trampolining at ‘Flip Out’ for Friday sport. Thank you for returning the waivers and permission slips so promptly. Make you check the website next week for photos.

Also this term our Year 10 students will be participating in transition days for Year 11 and 12. Information outlining days and dates was sent home earlier this week. Simultaneously, we will be having Year 6 students visiting us on transition days. I know our students will make them feel most welcome.

Last week Mr Wilson and I met with a new local support group, ABILITY LINKS. It is a free service. I have included a flyer in this edition and added the hyperlink. I welcome any feedback.

Our much anticipated annual camp is fast approaching. Everyone is getting excited. We are currently finalising all the arrangements. Thank you for returning all the notes and payment.

***SAVE the DATE***

- 23rd Oct - last day for Enclave program
- 26th Nov - Year 10 Formal
- 4th Dec – ‘Thank You’ Morning Tea
- 12th Dec - Year 10 Presentation Day
- 17th Dec - last day of term

As always don’t hesitate to contact us if you have any concerns or need extra information on ext. 129.

**Peta Holm**  
**Rel. Head Teacher**  
**Special Education Faculty**
The SRC had an incredibly busy Term 3 and are looking toward to an exciting Term 4 as well.

Students attended and assisted in the organisation of Peakview, Peakform and our 50th Anniversary Gala Day. Our SRC ran tours on the day and spent countless hours here at school in attending these events which showed their utmost respect for our school. I thank them all for their incredible work that they do here at GRC Peakhurst.

The SRC (and other invited students with leadership potential) also attended Leadership Camp in week 9 of last term. Below is a report of the camp:

In week 9 of last term, the SRC and a group of selected students travelled to the Royal National Park for three days and two nights. Our students participated in many activities and leadership building exercises. This helped build leadership qualities such as teamwork, communication, initiative, knowing when to lead and when to let others lead and more.

Some of the activities we participated in were Canoeing, Dragon Boating, Initiatives course, High Ropes, Rock climbing, an 80s themed trivia night and campfire activities. Students were split into 4 groups, and each group rotated through all of our activities. Year 10 leaders also presented sessions for our younger students based around practical ways we can incorporate team building and communication into our lives.

The 80s themed trivia night was a very fun part of the camp. Each student and teacher dressed up into 80s clothes and we were then split into our teams. We were then asked questions, including topics like general knowledge, advertising logos and questions about a scene from a movie. The group awarded with the most points at the end of the night won prizes.

Another good part of the camp besides all the fun filled activities was splitting into separate groups and learning the DISC personality test. D stands for Directive, I is for Influence, S is for Stabilising, and C is for Conscientious. Every student found out which personality type they were: an introvert or an extrovert. Introvert is if you get energy from within yourself and being an extrovert is where you get energy from your friends and family.

Another fun part about camp was the waterslide we went on. The water in the slide was very cold, and the cold breeze didn’t help, but this didn’t stop students from having a great time. We also saw a helicopter land in our campgrounds which doesn’t happen every day.

All in all, every student and teacher that went on the camp had a great time, and learned valuable skills about how to work in a team situation. Thanks to Miss Osmond, Mr Wilson, Miss Walton and Mr S for accompanying us!

**SRC News**

**Year 7-9 SRC members also attended a Leadership Conference in week 10 of Term 3. Students have summed up the day below, according to the sessions they attended.**

**Year 7 Report – Failing Forward**

Last term members of GRC Peakhurst SRC attended an excursion which revolved around the concepts of leadership. Years 7-9 attended the excursion, us year sevens attended the conference ‘Failing Forward’. This conference talked about how anyone can learn from their mistakes. The presenter talked about the different aspects of failing, he talked about how you shouldn’t let the past depict your future. He explained that if you learn from your failures, it is still a failure, yes but you’ve learnt something, if you do not learn anything from your failures that is where you truly fail. We took away from the session that we should always do our best and learn from our mistakes just like Walt Disney, Oprah Winfrey, Michael Jordan and many other celebrities did in order to achieve their goals.

**Year 8 Report - Leadership and Integrity**

There are 6 different ‘pillars’ holding up the umbrella of our character. They are:

- Integrity
- Humility
- Honesty
- Kindness
- Sacrifice
- Influence

Your character is the average of the 5 people’s characters that we hang around most. E.g. if you join a cycling team in which all the other people take drugs, since you train and spend a lot of time with them you will inevitably take drugs at least once.

Your integrity is very important. Accepting any kind of gift when you’re in a position of power creates small cracks in your integrity which lead to bigger and bigger cracks until you look around and realise that you are at the bottom of a giant crack which you can never come back from. You can then be put out of your position of power. This is why you must keep your integrity safe and whole, otherwise you will not be trusted with power again.

**Year 9 Report - Self-Image**

The year 9 SRC went to one of the sessions at Youth Max Leadership Conference and had one speaker talk to us about Self-image.

Here are some of the important points he spoke about:

- A snob is someone who takes one thing about someone and makes an assumption on their entire life.
- You are a living house, we don’t let people we don’t know into our house, so why let people we don’t know judge you.
- In today’s society people believe that objects give us power and value when really, we give objects the power and value (for example, clothes).
• 90% of mental assumptions will not happen, but what you focus on is what you get. Often we let negative thoughts overpower all the positive things that COULD happen.

One quote he said that stood out to all year 9 and that inspired us was:

*What is right is not always popular, and what is popular is not always right.*

We all had fun in this lesson on self-image and the points he spoke about really got us thinking. These points helped expand our knowledge on self-image.

![Image](image1.jpg)

We were then spoken to about an organisation called Compassion that we are considering becoming more involved in:

**Compassion-Water for Life**

Compassion is an organization devoted to help countries and their people that are less fortunate than us. Water for life is the foundation that provides a clean water source for poverty stricken people by giving them a filter which lasts for a lifetime (over 1,000,000 gallons). This incredible filter eliminates Cholera, Typhoid, E. Coli, Amoebic Dysentery, and many other bacterial contaminants, and only costs $79.00. There are fundraising ideas on [http://water.compassion.com/be-involved/](http://water.compassion.com/be-involved/) and also how to donate on [http://water.compassion.com/donate/](http://water.compassion.com/donate/)

We also had the chance to meet Shannon Cole from football team Western Sydney Wanderers, where he talked about achieving goals and overcoming barriers in order to reach your potential. We also participated in an activity where you were instructed to take it in turns to pick up a large heavy ball (coloured, as shown in pictures). The task was impossible to complete on your own but as we worked we realised that if we asked for help from the team then the task was made much easier: very similar to work on the SRC, within school and outside of school.

![Image](image2.jpg)

Students are encouraged to speak with me if they are interested in applying for these positions in 2015. I will be speaking to year groups in the upcoming weeks on the successful applicant’s responsibilities and expectations. Students are also encouraged to speak with current SRC members about the role and any suggestions they may have for the team.

I will take this opportunity to thank all students and staff who accompanied me on Leadership Camp this year. You worked so well together in a variety of teams across all year groups and I appreciate the effort particularly my Year 10 Leaders put in to ensure that the camp was a success. I hope you took away valuable lessons on how we can all work well in teams and be better leaders, and not just the fact you got photos with a helicopter!!

![Image](image3.jpg)

**Lauren Osmond**  
**SRC Coordinator**

**From the TAS Faculty**

**Year 8 Mini Elective**

Year 8 Textiles mini elective have been busy making calico signature bears. They developed their skills in following a commercial pattern and had fun individualising their bears.

![Image](image4.jpg)

**Year 10 Food Technology**

Year 10 Food Technology students have produced an excellent standard of practical work for their final assessment task. Students had to design an innovative new food product for our Peak bakery and these are some of the ideas they came up with. We definitely have some natural talents within our midst!

SRC 2015 Elections will take place later in Term 4, as will the application process for School Captains/Vice Captains.
Sydney Tower Restaurant Excursion

It was the excursion we had been waiting for all year. Our annual trip to Sydney Tower restaurant was held in the last week of Term 3. Forty Eight students and teachers ventured into the city by bus with the promise of a buffet lunch and spectacular view. Our day started with a tour of the two restaurants and kitchen facilities. We learnt about the day to day running of the restaurant, factors that affect menu design, general facts about Sydney Tower and much more. After the tour concluded, we were treated to a range of international and Australian foods for lunch. We also enjoyed a panoramic view of the city on what was a beautiful clear day. The restaurant slowly revolved allowing us all to see Sydney from all angles. Everyone thoroughly enjoyed their Sydney Tower experience and we thank all students for their model behaviour.

![Image of Sydney Tower]

**After their big meal, the students enjoyed a short siesta by relaxing in the sun in Hyde Park**

Year 9 Food Technology - Panacotta Plating Challenge

In Term 3, students in Year 9 Food Technology studied the topic ‘Food Trends’. One of the practical experiences associated with the unit was to make and decorate a Vanilla Panacotta dessert. Students used their knowledge of plating and presentation techniques to create individual designs. They used toffee shards, piped chocolate, segmented orange, fanned strawberries, flavoured syrup to enhance the presentation. The results were professional and of restaurant quality. Well done to all students!

*Ms Kristy Willis*  
*TAS faculty*

![Image of Panacotta]

Year 8 Textiles Mini-Elective

As part of the school’s 50th Anniversary Year 8 Textiles undertook a research task on the History of Fashion since 1964. In addition to producing a visual display of their research they also dressed in clothes worn by teenagers during this period. What the students discovered was that fashion is cyclic and were surprised that in their wardrobes they had clothes influenced from earlier fads in fashion.

*Mrs Gualtieri and Mrs Siedel*  
*TAS faculty*

WELFARE REPORT

**Year 6 Transition**

Welcome back to all parents and students!

It will continue to be an exciting and extremely busy Term 4 for all, as Year 6-7 Transition will occur. Ms. Elise Whiley (Year 7 Advisor 2015), Mr. Scott Wilson (Deputy Principal), Mrs. Monique Van De Pol (LAST), Mrs. Jenny Jarman (STLA) and I will be visiting our feeder primary teachers and students, to prepare for 2015. We are looking forward to meeting with both the staff and students.

**Rewards Excursion**

The final year ‘Rewards’ excursion has been organised for all students who are on Bronze, Silver or Gold level (i.e. students who have reached and maintained 80 points or more) in the school’s welfare and discipline system. This Rewards Excursion will be to Jamberoo Action Park on Friday 28th November 2014. Permission notes will be made available to students to collect from Wednesday 15th October 2014. Please note that this excursion is limited to the first 100 students who pay and return their permission notes. There are many students who have attained these levels, which is a testament to their commitment and efforts at GRC Peakhurst Campus, in all three areas, **Respect, Responsibility and Aiming for Excellence**. The Welfare Team is looking forward to a wonderful day with these students.

**Peer Support Training**

In week 1, Year 9 students were given the opportunity to sign up for the Peer Support training, to become Peer Support Leaders for 2015. This year, I am very pleased to announce the 32 students will be attending a training day in the school library on Thursday 30th October, 2014. Each student will learn about: - what makes a strong leader, what Peer Support actually is, why it is so important and what we are going to be doing next year with the New Year 7 cohort. Students will be guided through a group leader booklet and participate in many games, in which they will lead their group of students.

This program will be run by myself and their Year Advisor Ms Sophie Favuzzi. We look forward in training these enthusiastic students to become wonderful leaders, in our school.

**Turning into Teens Parent Program**

I would also like to mention the ‘Turning In to Teens’ program for parents, starting on Monday 20th October, 2014 6.00 - 8.00pm. This is a six session parenting program for parents of adolescents, aged 12-18years, being held at 3 Bridges Youth Centre Hurstville. Cost $60 per person or $80 per couple. For further details please contact Traci or Athena on 9580 8008.

**Exams Just Around the Corner**

As all students prepare for their up and coming Yearly Examinations, I would like to take this opportunity to remind all students to refer to the information booklet they received, when they completed the Study Skills sessions, earlier in the year. These booklets are full of study tips and ideas, to help each student work to the best of their ability.
10 Highly Effective Study Habits
By John M. Grohol, Psy.D.

Students grapple with many issues in their lives, and because of all of the competing things for your attention, it’s hard to concentrate on studying. And yet if you’re in school, you have to do at least a little studying in order to progress from year to year. The key to effective studying isn’t cramming or studying longer, but studying smarter. You can begin studying smarter with these ten proven and effective study habits.

1. How you approach studying matters

Too many people look at studying as a necessary task, not an enjoyment or opportunity to learn. That’s fine, but researchers have found that how you approach something matters almost as much as what you do. Being in the right mindset is important in order to study smarter.

Sometimes you can’t “force” yourself to be in the right mindset, and it is during such times you should simply avoid studying. If you’re distracted by a relationship issue, an upcoming game, or finishing an important project, then studying is just going to be an exercise in frustration. Come back to it when you’re not focused (or obsessed) by something else going on in your life.

Way to help improve your study mindset:

- **Aim to think positively when you study,** and remind yourself of your skills and abilities.
- **Avoid catastrophic thinking.** Instead of thinking, “I’m a mess, I’ll never have enough time to study for this exam,” look at it like, “I may be a little late to study as much as I’d like, but since I’m doing it now, I’ll get most of it done.”
- **Avoid absolute thinking.** Instead of thinking “I always mess things up,” the more objective view is, “I didn’t do so well that time, what can I do to improve?”
- **Avoid comparing yourself with others,** because you usually just end up feeling bad about yourself.

2. Where you study is important

A lot of people make the mistake of studying in a place that really isn’t conducive to concentrating. A place with a lot of distractions makes for a poor study area. If you try and study in your dorm room, for instance, you may find the computer, TV, or a roommate more interesting than the reading material you’re trying to digest.

The library, a nook in a student lounge or study hall, or a quiet coffee house are good places to check out. Make sure to choose the quiet areas in these places, not the loud, central gathering areas. Investigate multiple places on-campus and off-campus, don’t just pick the first one your find as “good enough” for your needs and habits. Finding an ideal study place is important, because it’s one you can reliably count on for the next few years.

3. Bring everything you need, nothing you don’t

Unfortunately, when you find an ideal place to study, sometimes people bring things they don’t need. For instance, while it may seem ideal to type notes into a computer to refer back to later, computers are a powerful distraction for many people because they can do so many different things. Playing games, going online, IM’ing, surfing the Web, and answering emails are all wonderful distractions that have nothing to do with studying. So ask yourself whether you really need a computer to take notes, or whether you can make do with the old-fashioned paper and pen or pencil.

Don’t forget the things you need to study for the class, exam or paper you’re focusing on for the study session. Nothing is more time-consuming and wasteful than having to run back and forth regularly because you forget an important book, paper, or some other resource you need to be successful. If you study best with your favourite music playing, make sure your iPod is with you.

4. Outline and rewrite your notes

Most people find that keeping to a standard outline format helps them boil information down to its most basic components. People find that connecting similar concepts together makes it easier to remember when the exam comes around. The important thing to remember in writing outlines is that an outline only words as a learning tool when it is in your own words and structure. Everyone is unique in how they put similar information together (called “chunking”) by cognitive psychologists). So while you’re welcomed to copy other people’s notes or outlines, make sure you translate those notes and outlines into your own words and concepts. Failing to do this is what often causes many students to stumble in remembering important items.

It may also be helpful to use as many senses as possible when studying, because information is retained more readily in people when other senses are involved. That’s why writing notes works in the first place – it puts information into words and terms you understand. Mouthing the words out loud while you copy the notes before an important exam can be one method for involving yet another sense.

5. Use memory games (mnemonic devices)

Memory games, or mnemonic devices, are methods for remembering pieces of information using a simple association of common words. Most often people string together words to form a nonsense sentence that is easy to remember. The first letter of each word can then be used to stand for something else – the piece of information you’re trying to remember. The most common mnemonic device example is “Every Good Boy Deserves Fun.” Putting the first letters of every word together – EGBDF – gives a music student the five notes for treble clef.

The key to such memory devices is the new phrase or sentence you come up with has to be more memorable and easier to remember than the terms or information you’re trying to learn. These don’t work for everyone, so if they don’t work for you, don’t use them.

Mnemonic devices are helpful because you use more of your brain to remember visual and active images than you do to
remember just a list of items. Using more of your brain means better memory.

6. Practice by yourself or with friends

The old adage, practice makes perfect, is true. You can practice by yourself by testing yourself with either practice exams, past quizzes, or flash cards (depending what kind of course it is and what’s available). If a practice exam isn’t available, you can make one up for yourself and your classmates (or find someone who will). If a practice or old exam from a course is available, use it as a guide – do not study to the practice or old exam! (Too many students treat such exams as the real exams, only to be disappointed when the real exam has none of the same questions). Such exams help you understand the breadth of content and types of questions to expect, not the actual material to study for.

Some people enjoy reviewing their materials with a group of friends or classmates. Such groups work best when they’re kept small (4 or 5 others), with people of similar academic aptitude, and with people taking the same class. Different formats work for different groups. Some groups like to work through chapters together, quizzing one another as they go through it. Others like to compare class notes, and review materials that way, ensuring they haven’t missed any critical points. Such study groups can be helpful for many students, but not all.

7. Make a schedule you can stick to

Too many people treat studying as the thing to do when you get around to it or have some spare time. But if you schedule study time just as your class time is scheduled, you’ll find it becomes much less of a hassle in the long run. Instead of last-minute cramming sessions, you’ll be better prepared because you haven’t put off all the studying into one 12-hour marathon. Spending 30 or 60 minutes every day you have a class studying for that class before or after is a lot easier and will allow you to actually learn more of the material.

You should study regularly throughout the semester for as many classes as you can. Some people study every day, others put it off to once or twice a week. The frequency isn’t as important as actually studying on a regular basis. Even if you just crack open a book once a week for a class, it’s better than waiting until the first exam in a massive cram session.

Scheduling is even more important if you’re going to be a part of a study group. If only half of your members are committed to a study group for every meeting, then you need to find other study group members who are as committed as you are.

8. Take breaks (and rewards!)

Because so many people view studying as a chore or task, it’s human nature to avoid it. If, however, you find rewards to help reinforce what you’re doing, you may be pleasantly surprised by the change you may find in your attitude over time.

Rewards start by chunking study time into manageable components. Studying for 4 hours at a time with no breaks is not realistic or fun for most people. Studying for 1 hour, and then taking a 5 minute break and grabbing a snack is usually more sustainable and enjoyable. Divide study time into segments that make sense and work for you. If you have to digest a whole textbook chapter, find sections in the chapter and commit to reading and taking notes on one section at a time. Maybe you only do one section in a sitting, maybe you do two. Find the limits that seem to work for you.

If you succeed in your goals (such as doing two sections of a chapter in one sitting), give yourself a real reward. Perhaps it’s saying, “I’ll treat myself to some good dessert tonight at dinner,” or “I can buy a new tune online,” or “I can spend an extra 30 minutes gaming for every 2 sections of a book chapter I read.” The point is to find a reward that is small but real, and to stick to it. Some may view this as absurd, since you’re setting limits you can easily ignore. But by setting these limits on your behavior, you’re actually teaching yourself discipline, which will be a handy skill to have throughout life.

9. Keep healthy and balanced

It’s hard to live a balanced life while in school, I know. But the more balance you seek out in your life, the easier every component in your life becomes. If you spend all of your time focusing on a relationship or a game, you can see how easy it is to be out of balance. When you’re out of balance, the things you’re not focusing on – such as studying – become that much harder. Don’t spend all of your time studying – have friends, keep in touch with your family, and find interests outside of school that you can pursue and enjoy.

Finding balance isn’t really something that can be taught, it’s something that comes with experience and simply living. But you can work to try and keep your health and body balanced, by doing what you already know – exercise regularly and eat right. There are no shortcuts to health. Vitamins and herbs might help you in the short-term, but they’re not substitute for real, regular meals and a dose of exercise every now and again (walking to class is a start, but only if you’re spending an hour or two a day doing it).

Look at vitamins and herbs as they are intended – as supplements to your regular, healthy diet. Common herbs – such as ginkgo, gingas, and gotu kola – may help you enhance mental abilities, including concentration, aptitude, behavior, alertness and even intelligence. But they may not, either, and you shouldn’t rely on them instead of studying regularly.

10. Know what the expectations are for the class

Different professors and teachers have different expectations from their students. While taking good notes and listening in class (and attending as many of the classes as you can) are good starts, you can do one better by spending some time with the instructor or professor’s assistant. Talking to the instructor early on – especially if you foresee a difficult course ahead – will help you understand the course requirements and the professor’s expectations. Maybe most students in the class are expected to get a “C” because the material is so difficult; knowing that ahead of time helps set your expectations, too.

Pay attention in class. If the instructor writes something on the whiteboard or displays it on the screen, it’s important. But if they say something, that’s important too. Copy these things down as they’re presented, but don’t zone out completely from what the instructor is also saying. Some students focus on the written materials without regard for what the instructor is saying.
If you write down only one aspect of the professor’s instructions (e.g., just what they write down), you’re probably missing about half the class.

If you get a particularly bad grade on a paper or exam, talk to the instructor. Try and understand where things went wrong, and what you can do in the future to help reduce it from happening again.

Don’t forget to learn!

Studying isn’t just about passing an exam, as most students look at it as. Studying is an effort to actually learn things, some of which you might actually care about. So while you’ll have to take your share of classes that have little or nothing to do with your interests, you should still look for interesting things to take away from every experience.

By the time you’ll realize what a great opportunity school is, you’ll be well into the middle of your life with a lot of responsibilities – children, mortgages, career pressures, etc. Then most people have neither the time nor energy to go back to school. So take the time to learn some stuff now, because you’ll appreciate the opportunity later on.

Michelle Walton
HT Student Welfare

From the Girls Supervisor

Vaccinations

The 3rd visit to school by the South East Sydney Local Health District nurses successfully took place last Monday, 13th October.

Notification of all vaccines was provided with the consent brochure. Some parents have queried which vaccines were administered. Here is the schedule that was used:

Year 7 boys and girls:
1. Dose 3 HPV,
2. Varicella (Chicken Pox),
3. any catch up Year 7 vaccines missed on visit 1 & visit 2 (i.e. HPV dose 1 & 2 and dTpa).

Year 8 boys and girls, who didn’t finish their HPV course at School in 2013- they have received a letter from the PHU at the end of 2013, stating we will catch them up at school in year 8 (2014) – the Team Leader will bring the consent cards for this catch up

Year 9 boys:
1. Dose 3 HPV
2. any catch up HPV from visit 1 & 2 (i.e. HPV dose 1 & 2).

Catch up vaccines will be offered to all students in Year 8 in 2015 that missed these vaccines.

Ms J Jarman
Girls’ Supervisor

Primary Links

Based on feedback from our local primary schools, the Primary Links program adopted a different format this year. Year 4 and Year 5 students from Lugarno PS, Peakhurst PS, Peakhurst South PS and Peakhurst West PS visited our campus for three fun filled and educational workshops. The aim of the program was to provide Year 4 and 5 students with a high school experience, allowing a smoother transition from a primary to high school setting. Students rotated through the following activities whilst at the high school campus:

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<tr>
<th>Food Technology</th>
<th>Robotics</th>
<th>Music</th>
<th>Japanese</th>
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<tbody>
<tr>
<td>Photography</td>
<td>Digital Media</td>
<td>Visual Arts</td>
<td>Drama</td>
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<tr>
<td>Science</td>
<td>ICT</td>
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Thank you to the following staff members who taught lessons as part of the program: Ms Crammond, Mrs Favuzzi, Ms Hudson, Mrs Keir, Mr Reidy, Mrs Seidel, Mrs Seinor, Ms Stodart, Ms Walton and Mrs Willis.

Miss Elise Whiley
Primary Transition Coordinator

From the Careers Advisors

Year 10 Subject Selection

This process is now complete. I will inform students to check the draft timetable for any errors when it is received from GRC Oatley Senior Campus. Please report any problems to me immediately so they can be rectified.

Hospitality Training Day

Students from Year 10 will be given the opportunity to participate in Barista Training at The Australian Barista School in the CBD. The Training day will be on Monday 17th November. Please see me for details.
Work Experience
This is a reminder to Year 10 Students that work placement is a great way to gain experience and skills. Also, it is a process that will help you navigate towards a Career that you enjoy and are interested in. Please see me to organise a placement.

James Cooper
Careers Advisor

Our School App
As mentioned in the previous edition of Peak, our school app is available for download across two platforms (iOS and Android).

The app is developed by Skoolbag (http://skoolbag.com.au/) and is customised for our campus. It is easy to navigate and has all the necessary features (alerts, events, newsletters, news, parent info, contact details, calendar etc.) required in promoting effective communication between school and home.

The app is free for anyone to download (by searching for 'Peakhurst Campus') from the Apple App Store (for iOS users) and the Google Play Store (for Android users). Windows users can access the app contents by clicking on the School App tab on the school website and visiting the Communication Centre or by pinning the site to the LiveTiles on their Windows device(s).

One of the key features of the app is the ability for the school to send alerts directly to smart phones and tablet devices, however, it has been recently brought to our attention that the app is crashing with Apple's latest iOS 8 update. It appears to be particularly affected when push notification alerts are being sent. The app developers are working to rectify the situation and an update will be made available in a few weeks. In the meantime, app content can be viewed on the school. Push notification alerts will continue to be sent as per usual as the issue does not affect iOS7 or Android users. Thank you for your patience and understanding.

All parents, students and staff are encouraged to download the app. Once installed, you will be able to receive the latest assessment task details, news, newsletters and push notifications from GRC Peakhurst Campus directly to your smart phone.

If you have any questions, queries or comments, please don’t hesitate to contact me at school.

Christine Keir
Head Teacher Mathematics/Computing

Thankyou
Thank you for attending the Prime Minister’s reception for School Captains at Kirribilli House on Saturday 13th September.

It was great having the opportunity to introduce you to the Prime Minister during the morning tea.