Dear Parents, Friends, Staff and Students,

“ No work can be more productive of good to society... than the careful instruction of women.” CATHARINE MCCAULEY.

This has been a busy time for our Performing Arts students involved with Captivate, which is the Diocesan program of excellence in the Performing Arts. On Thursday evening the Captivate Dance Showcase included two dance troupes from McAuley. Congratulations to the students who were involved on an outstanding performance. Next week will see a wide range of our students performing in further Captivate showcases culminating in the Best of Captivate show at the Joan Sutherland Performing Arts Centre on Friday 19th June. We are extremely grateful to the Catholic Education Office for making these opportunities available to our very talented students.

Congratulations as well to:
- our AFL and Netball teams and their coaches Miss Sharon Brincat, Mr Tony Taniane and Mrs Gai Mellier. These teams have reached the Grand Final of their respective competitions.
- Year 11 students, Annalise Awker, Roanne Gonzales, Victoria Engelbrecht and Toni-Rose Abdel-Ahad who have been pilot students for the Diocese in undertaking Eucharistic Minister training.
- Our language students who have competed in the Language Perfect Competition and achieved the following outstanding results
  - 5th overall globally (out of 1077 schools)
  - 12th overall in Australia (out of 737 schools)
  - 4th overall in NSW (out of 186 schools)
  - 3rd overall in Japanese (out of 878 schools)
  - 6th overall in the 251-500 students category (out of 219 schools)
  - 3rd in Australia for the 251-500 students category (out of 174 schools)
  - 3rd for Japanese in Australia (out of 606 schools)
  - 1st for Japanese in NSW (out of 152 schools)
  - 2nd in NSW for the 251-500 students category (out of 42 schools)
  - 1st for Japanese in the 251-500 students category (out of 210 schools)

Next term we will be launching our ’Skoolbag’ app. This is an application available free of charge to families that can be downloaded on your phone and tablet. It will contain essential information regarding school life here at McAuley.

Thank you to all our families for your continued support of our work here at Catherine McAuley.

Regards

Ms Laetitia Richmond
Principal
Religious Education

The Queen’s Birthday Long Weekend was a welcome break in the later part of Term 2. The warm weather saw many Sydneysiders enjoy the final days of the Vivid Festival. Some people took advantage of the extra day to depart from Sydney and relax in a coastal or rural environment. You may have spent time with family or friends or just took pleasure in being able to turn off the alarm and go back to sleep.

Four of our Year 10 students were up reasonably early on Saturday morning to attend the final session of the Encounter Program at Campion College, Toongabbie. Danielle Drousdale, Katrina David, Jade Donnelly and Victoria Luccetti have participated in a leadership program which is a joint initiative of both Catholic Youth Parramatta (CYP) and Catholic Education Diocese of Parramatta (CEDP). The theme for the final session was Missionary Discipleship and the New Evangelisation. The students were truly appreciative of the efforts of Sister Rosie Drum MGL (CYP) and Mr Steven Buhagiar (CEDP) in creating this new program. Reverend Father Paul Marshall, Parish Priest of Our Lady Queen of Peace (OLQP), Greystanes spoke of his personal faith journey and representatives from theOLQP Youth Group gave their support and encouragement to the participants.

The Sisters of Mercy, Parramatta were busy on Saturday afternoon hosting a high tea to raise funds for Mercy Works. Sister Ailsa MacKinnon RSM spoke about the Mercy Works Village Health Project in Kiunga, Papua New Guinea (PNG). Kiunga is situated in a very remote part of PNG on the Fly River. The population has rapidly expanded from 7000 people in 2002 to today’s population of 30,000. While the mining and liquid nitrogen gas industries have expanded, there are growing levels of crime and unemployment and the arrival of refugees from West Papua. Mercy Works is much focused on providing for the world’s poorest by addressing the United Nations’ Millennium Development Goals.

Mercy Works are working with the local people to develop long term solutions. Training and the issue of birth kits has significantly reduced infant mortality rates. Skills are being taught to create small businesses, and ablution facilities have been improved at St Gabriel’s Technical Secondary School. Scholarships enable students to gain tertiary qualifications and the Eaglewood Plantation is a sustainable plantation which produces perfume and incense. The money raised will ensure the continuation of these very important initiatives. The Year 10 students have completed the unit of work titled ‘Eucharist’ and researched how we can follow in the footsteps of Jesus and reach out to those in need. Our financial assistance is just one small way in which we follow Jesus’ example.

Pope Francis spoke about this very theme on Sunday 7th June, the Solemnity of the Most Holy Body and Blood of Our Lord Jesus Christ (Corpus Christi). His Holiness said:

“Christ, who nourishes us under the consecrated species of bread and wine, is the same Christ, whom we meet during the course of everyday life: He is in the poor person who holds out his hand [in supplication]; He is the suffering person who implores [our] help; He is in the brother or sister who asks us to be there and awaits our welcome; He is in the child who knows nothing about Jesus, about salvation, who does not have the faith; He is in every human being, even the smallest and most defenceless.”

Following the example of Jesus and Mother Catherine McAuley may we notice the people ignored and neglected by society. We pray that all people may live a life which is fitting of God’s children.

Ms Genevieve Banks
Religious Education Coordinator

Learning and Teaching

We are almost mid way through the year and very soon parents will receive their daughter’s report for Semester One. It is an important time for students and parents to review their daughters’ learning progress and monitor their goals for the rest of the year. Parents are encouraged to discuss the reports with their daughters and celebrate the successes whether they are in the areas of the achieved grades, consistently good learning behaviours or outstanding contributions to the school community.

Areas for improvement should also be discussed and plans for how students can achieve their goals for Semester Two and beyond can also be important topics. For Years 10 and 11 students who are beginning the process of planning for the senior years and the HSC this is of particular importance.

In the next few days you will also receive a letter that sets out the process for booking Parent/Teacher interviews, which will take place on Wednesday, 24th June (3:30pm - 7.30pm) and Thursday, 25th June (8:30am - 1:00pm) on Level 2 of the Barbara McDonough Building. These interviews provide an excellent opportunity for parents, teachers and students to improve communication so that quality feedback concerning progress and what students need to do next in their learning journey can be enhanced.

Parents who make their online bookings are reminded that they need to bring a printout of their interview schedule to the sessions on 24th and 25th June. It is also important to remember that interviews need to be kept to five minutes and if longer discussions are needed then a follow up interview can be arranged for another date.

As the semester draws to an end I would like to commend all the students who have worked hard to achieve their learning goals this year and thank the parents and carers for the support they have given to their daughters. I also acknowledge the hard work of the teachers in aiming to provide quality learning experiences for all our students.

Ms Janet Cairncross
Assistant Principal
(Learning and Teaching)
Tick it Off

As we near the middle of the school year, the Student Leadership Team would like to re-challenge all students to make an active effort in our school campaign, ‘Tick it Off’.

The ‘Tick it Off’ campaign has been established to encourage the students to make goals, which can be ‘ticked off’ once accomplished. The goals can range from academic, sporting, creative and personal goals. Whatever goals the students wish to set for themselves.

At the recent full school assembly during a video presentation students and teachers offered a variety of options that students can do to ‘tick off’. These suggestions included, going to Math’s Lab, backing up your schoolwork on Google Drive, attend peer tutoring and participating in the upcoming athletics carnival.

On the first day back this year every student and teacher received a ‘Tick it Off’ pen, and it has been so good to see the students and teachers alike using the pens to tick off goals they have accomplished.

We hope that everybody has a great time ticking of their goals, and remember it’s never too late to ‘Tick it Off’

Chloe Obreza
Co School Captain

Social Justice News

DOBSON AND CLARE HOUSES FUNDRAISE FOR MERCY WORKS

Lunchtimes this week have been a lot of fun with students competing in the lip syncing competition organized by both Dobson and Clare Houses to raise money for Mercy Works and their work in Timor Leste. Students are able to perform either individually or in a group for a small donation of $2 and the talents displayed so far have been very funny!

Students have been performing in front of an audience of fellow students all who have donated a gold coin to view the performances. Senior Constable Dusan Dakic, School Liaison Police Parramatta, was present on Wednesday to help judge the performances along with senior student leaders. All finalists will have the opportunity to compete in the Lip Syncing Final to be held at a later date.
Teachers attend EDUTech

From Tuesday 2nd June to Wednesday 3rd June, Ms Emily Grant, Mrs Gloria Noud, Mrs Alison Finnerty and Mr Martin Lennon from the McAuley staff attended the Annual EDUTech Conference for educators in Brisbane. Hearing from over 20 different presenters and experts from within and beyond Australia reflecting on diverse and innovative teaching practice, our experience was inspiring but also affirming of our teaching and learning at McAuley.

In understanding that teaching and education exists within a changing world, we were able to explore the philosophical and practical changes that are impacting on teaching in the 21st century. We were challenged to examine how we can make our schools and classrooms reflect and resemble the real world, to allow for authentic and meaningful learning to occur.

Our students will be working with and designing technologies that are beyond the realms of our imaginations today. As such, we learned about how educators are empowering their students to increase their knowledge, adaptability and problem solving skills.

We learned that technology is driving change and that schools and our students will need to respond in understanding their role in the world as digital citizens who are respectful and empowered. Strategies to help students see themselves as catalysts for change in their world was inspiring and achievable.

We explored the burgeoning world of virtual and augmented realities, which can help student develop critical thinking, empathy and imagination. We learned about the growing community part of the Maker Movement, who are transforming how students are able to learn through inquiry and innovation.

We look forward to sharing what we have learned with the McAuley community.

Ms Emily Grant
HSIE Teacher

McAuley Excels in Language Competition

Catherine McAuley has finished 15th in the world in the 2015 Language Perfect World Championships!

This online competition is completed by our French and Japanese language students and this year 1077 schools from around the world took part.

Our rankings are below:
- 15th overall globally (out of 1077 schools)
- 12th overall in Australia (out of 737 schools)
- 4th overall in NSW (out of 186 schools)
- 3rd overall in Japanese (out of 878 schools)
- 6th overall in the 251-500 students category (out of 219 schools)
- 3rd in Australia for the 251-500 students category (out of 174 schools)
- 3rd for Japanese in Australia (out of 606 schools)
- 1st for Japanese in NSW (out of 152 schools)
- 2nd in NSW for the 251-500 students category (out of 42 schools)
- 1st for Japanese in the 251-500 students category (out of 210 schools)

Congratulations to all our language students on this wonderful result!

Information for Year 12 Students and Parents on Managing Stress

On Wednesday, 10th June, during their Form Assembly, I presented Year 12 students with tips on how to manage stress – in order to provide them with advice and support for the lead up to their Trial HSC exams which are due to commence in Week 3 next term. Mrs Leanne Kempys also provided the students with advice on motivation. Exams at any time are stressful events. However, stress can be managed by planning well, having realistic expectations and, most importantly, by looking after yourself.

The ‘Tip Sheets’ provided as attachments to this newsletter were sent to the students by email. The information contained on these ‘Tip Sheets’ highlights valuable advice on ‘Beating Exam Stress’. In particular, the ‘ABC of Looking After Yourself’ highlights the importance of Asking for help if you are feeling stressed; Breathe - use breathing techniques if you are feeling stressed; and Connect - staying connected and involved with things that are meaningful to you.

The Year 12 students were also encouraged to sign up for the 6 Week Bite Back Challenge http://www.biteback.org.au/competition/ which aims to help young people reduce stress; improve focus; and expand potential.

Mindfulness meditation will be introduced at the next Form Assembly on 24th June. The Smiling Mind mindfulness mediation program can be downloaded for free at www.smilingmind.com.au. According to the Smiling Mind program:

“Research has shown that practising Mindfulness Meditation can: reduce stress; increase resilience and assist in lowering the incidence of mental health issues. At the same time, Mindfulness Meditation has been found to increase positive emotion, vitality, life satisfaction and self-esteem. In addition, studies have shown that people who spend more time being mindful tend to experience clearer, more focused thinking, improved memory and attention, and heightened performance and achievement.”

Mrs Lyn Wooden
School Counsellor
Phone: 9849 9112
Year 12 Business Studies Students Attend Business Leaders Conference

Year 12 Business Studies students attended a Business Leaders Conference last month organised by Chartered Accountants Australia and New Zealand. The students had the opportunity to meet with a range of potential employers who gave presentations on their careers in business and explained to the students how they can go about obtaining a cadetship in accounting with leading Australian and global firms. Many students who attended felt that their perspectives were broadened on the corporate world and the opportunities that are out there for them to pursue.

Mrs Amanda Chahine
Careers Advisor

Year 12 students at the Business Leaders Conference

Year 11 Student Awarded a Distinction in University Unit

Congratulations to Year 11 student Roanne Gonzales who completed a University of Sydney Summer School unit during the January school holidays and has been awarded a distinction.

Roanne completed the unit in Philosophy, which is a unit making up part of the Bachelor of Arts degree, by attending for two weeks over January and each Saturday during February. Her study will be accredited towards her degree if she decides to continue at the University of Sydney and her marks will also count towards her HSC.

Roanne says she is hoping to study medical science and/or education at the university with her ultimate goal of one day starting up a school for people with disabilities. She said she enjoyed the philosophy course as she has studied philosophy at school and likes how it encourages her to look at things differently. It has also helped in her other courses particularly her study in English Extension. Roanne recommends other students consider the summer school course in philosophy and has written the below account:

If it is wrong to kill animals, should we try to stop animals from killing each other?

This is just one of the questions explored during the ‘Mind and Morality’ philosophy course I completed earlier this year at Sydney University. During the course I developed analytical thinking and essay writing skills as we explored the fundamental issues of the nature of morality, personal identity, artificial intelligence and ethics.

I enjoyed every moment of the course and I would encourage all students to consider taking up the challenge; you would be surprised to see how this course will change the way you see the world around you.

Year 7 Poetry

Our Year 7 students are studying poetry in English and as part of their study of poetry have been writing their own poems and recording them. Students have been able to choose a poetry writing technique of their choice and once the poems have been recorded they will be shared with other students and staff. The benefit of the students writing their own poetry whilst studying poetry is that by doing something yourself you understand the process so much better.

Year 7 students in MRS Ekde’s class have been having some fun using the tools of poetry they have studied to create a Catherine McAuley rap. Each student wrote their own rap and performed it to the class in a ‘rap battle’ with the best two chosen by the students to be performed at an upcoming school assembly.

View some of the students performing their rap on the school’s Facebook page:  www.facebook.com/catherinemcauleywestmead
Year 10 English Students Attend Theatre Production

On a Sunday last month seven students from Mrs Bashall’s Year 10 English class travelled to the Glen Street Theatre, Belrose to view a production of the play ‘Summer of the Seventeenth Doll’ which the students have been studying. Jessica Sahyoun and Caitlin Tannous have written the below report:

Seeing the play ‘Summer of the Seventeenth Doll’ brought to life was a fantastic experience and one which we will never forget. Viewing the play on stage helped us understand it from a different perspective and seeing the actors portray the characters with such excitement really helped us enjoy and appreciate the play from a different angle.

Overall, the play was a real treat to watch and we all enjoyed it thoroughly. Thank you to the parents who took us to the venue and to Mrs Bashall and the mums who came along to watch the production.

Jessica Sahyoun and Caitlin Tannous
Year 10

Year 10 History Excursion to Museum of Sydney and the Police and Justice Museum

Students from the Year 10 History Elective classes visited Hyde Park Barracks and the Police and Justice Museum on Wednesday, 10th June to further their course work. The excursion gave the students the opportunity to examine both primary and secondary sources and how they are used to construct history. In addition, students examined evidence and looked at how evidence can be used to provide perspectives in history.

Year 9 Geography Examine Erosion on School Infrastructure

The Year 9 Geography Elective class with Ms Torresan participated in an incursion last week which saw them explore the school grounds and search for examples of weathering and erosion. The students have been learning about erosion in class and Year 9 student Rana Romanous has written the below:

As part of our study of weathering and erosion we had the opportunity last week to explore the school and search for and explain the effects that weathering and erosion have had on the school infrastructure and environment. This aided students in their understanding of these two processes as they had the chance to observe them, exploring ways in which things such as cracked concrete and chipped bricks came to be. This knowledge of small, deteriorated building blocks may seem irrelevant, but when these same processes are applied on a larger scale, they can move mountains... literally.
Year 9 Leadership Event

15 Year 9 students attended an annual leadership event last Friday held in Crows Nest which saw them join with other Year 9 students from across Sydney to listen to inspirational talks and participate in group activities designed to help them become active and inspiring leaders.

The annual event, known as Altitude Day, aims to give students advice on how to make good choices, build their confidence and make a difference. The students listened to a number of presenters including Ms Rowie McEvoy, founder of The Max, a group of private international fitness business colleges which was listed in BRW magazine’s list of The Top 100 fastest growing companies in Australia. Ms McEvoy has gone from runaway teenager to self-made millionaire and shared with the students how to do what you love and to stand out from the crowd for the right reasons.

Another inspiring speaker who spoke to the students was Mr Barnaby Howarth, stroke survivor and Type 1 diabetic, former AFL footballer, film maker and Mt Kilimanjaro conqueror. He shared his story of adversity and left the students with the message that facing difficulties with a smile on your face can help you find happiness in the life you are living.

Year 9 student Caitlin Abood commented on the day: “Altitude Day was a day where we were inspired by the feats that other people accomplished. It showed us how someone so small could make a huge difference in the lives of others and it also reflected to be yourself and to not care what others think about you because the only opinion that really matters is your own”.

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Homelessness Awareness Week

Blanket Drive

A reminder that next week from 15 - 19th June (Week 9) Catherine McAuley is holding our first ever Homelessness Awareness Week, in support of St Vincent de Paul and their work with the homeless in our area.

The school has organised a blanket drive during this week where students can bring in any preloved (or new) blankets which will be washed and donated to those in need of them this winter. Our Year 12 Vinnies Van students who go out on the Vinnies Van once a month to offer food and warm drinks to the homeless will also be able to offer any donated blankets.

Donated blankets can be left in the crate outside Student Reception during Week 9.
**NSWCCC Hockey Tournament**

The Catherine McAuley Under 16 Hockey Team has returned from the NSWCCC Hockey Tournament held in Grafton, NSW. This tournament took place from Wednesday 27th - Friday 29th May and consisted of five matches - four played on the 28th May and a final match played early on the 29th May. The girls played extremely well as a team and as individuals, with their standard of play definitely lifting over the course of the Championships.

**Pragaa Ganesh**, Year 11 student and team member, has written the following report:

The NSWCCC Hockey Tournament is the largest sporting event conducted by Combined Catholic Colleges. It gives students the opportunity to mix with other students from across the State as well as to improve their hockey skills. The Under 16s played five matches over the three days, playing schools from all over the State. The team unfortunately did not win any of their matches but took even more than victory from it - improvement and team bonding.

The girls went from a 14-0 loss in their first game to a very close 2-1 loss in their final game. As a team member, even though we may have been defeated the entire championships, going from a 14-nil loss to a breath taking finale game made me feel so proud and happy of how much we had improved and grown closer as a team. The girl's sportsmanship and level of enthusiasm for each match never dropped throughout the tournament making their school proud.

A big and special thank you goes to **Ms Robson** and **Mr Grant**. Ms Robson had travelled with the team on the tournament as our coach, supervisor and number one supporter. A bigger thank you needs to go to **Mrs Smith** for the amount of hard work she had put towards the trip and making sure everything ran smoothly.

Congratulations to all the team members for your efforts and hard work throughout the championships. The players who represented us in Grafton include:

- **Pragaa Ganesh** (Year 11)
- **Emma Grant**, **Alannah Power**, **Tara Mendoza-Kehlot**, **Georgia Tauroa**, **Maddie Hemnings** (Year 10)
- **Kate Brown**, **Simendeeup Luthra**, **Erin Bratovic** (Year 9)
- **Olivia Andree-Evarts**, **Hayley Farrugia**, **Ella Tauroa**, **Hannah Smith** (Year 8)
- **Aimie Tromp**, **Erika Lucas** (Year 7)

**Pragaa Ganesh**

Year 11

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**Careers Corner**

**Mini Careers Market at Catherine McAuley**

**Tuesday 16th June**

In Coolock Court we’ll have Bedford College, University of Notre Dame, Australian Careers Business College, The Hotel School, University of Western Sydney, and THINK education coming at lunchtime. So come and ask questions about different careers and courses.

**The Western Sydney Careers Expo is on 18th - 21st June**

Over 100 tertiary providers will be available from universities to private colleges and many more. It is at Sydney Olympic Park and is $10 entry. Students in Years 10, 11 and 12 are encouraged to go.

See: www.westernsydneycareersexpo.com.au

**Australian Defence Force Lunchtime Visit**

**Monday 22nd June**

What’s it like to work in the ADF? Ever thought about a job in the navy, air force or army? Come and hear about an exciting career in the ADF. Lunch time in the Forum.

**Mrs Amanda Chahine**

Careers Adviser

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**Sport News**

**NSWCCC Hockey Tournament**

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- **Olivia Andree-Evarts**, **Hayley Farrugia**, **Ella Tauroa**, **Hannah Smith** (Year 8)
- **Aimie Tromp**, **Erika Lucas** (Year 7)

**Pragaa Ganesh**

Year 11
Junior MCCS AFL Team

Congratulations to the Junior MCCS AFL team who won their semi-final last Thursday, beating Marist Sisters Woolwich 48 - 0. The team went through the season undefeated and played an outstanding attacking and defensive game in the semi-final. Our forwards were accurate with their goal kicking and our mid field players worked hard to secure the ball to allow our attack to score points. With all the ball in our attacking third, our defender players enjoyed a quiet game but were quick to defuse any attack from the other team when the opportunity came.

This week on Thursday the girls play the grand final against Trinity College Auburn. This will be a challenging game with the round game against Trinity being our closest game all season. Stay tuned for the results in the next newsletter.

In other AFL news both the Maroon and Teal teams are progressing well in the competition. The two teams played each other last week, with Teal coming out the winners. Both teams have been playing well all season and are hopefully headed to the semi-finals after the final round this week.

Miss Sharon Brincat and Mr Tony Taniane
Coaches

STOP PRESS: Well done to the Junior MCCS AFL Team who tried their best in the grand final against Trinity College but were beaten by a stronger team. Further details in the next newsletter.
Upcoming Seminars from Catholic Care Social Services

**SEMINAR - DEALING WITH THE LEGAL SYSTEM**
CCSS Solo Parent Services is holding an information night for anyone interested in gaining a greater understanding on how to choose the best lawyer for your situation, how best to deal with lawyers to minimize your legal fees, protecting your rights regarding family assets and other topics.

This night will be held on Wednesday 24th June from 7.30pm-9.30pm at CCSS, 2A Villiers St, Parramatta.

Registration essential: Eileen or Rita Ph. 9933 0205
Email: soloparentservices@ccss.org.au

**YOUNGER WIDOWED SUPPORT GROUP**
CCSS Solo Parent Services' Younger Widowed Support Group is held on the 3rd Tuesday of each month. The support group is for men and women widowed at a younger age with or without children.

Next gathering: Tuesday 16th June
Venue: CCSS Centre, 51-59 Allawah St, Blacktown.
Time: 7pm – 9pm
Cost: $5.00.
Registration: Eileen or Rita Ph. 9933 0205 or Email: soloparentservices@ccss.org.au

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**Parent/Teacher Interviews**
Wednesday, 24th June – 3:30pm - 8:00 pm
Thursday, 25th June – 8:30am - 1:00pm

**Staff Spirituality Day**
**Pupil Free Day**
Friday, 26th June
Beating exam stress

Exams are pretty much always stressful. You can manage stress by planning well, and having realistic expectations. If there’s stuff you’re not strong on, there will be others in the class, and the teacher who can help you. You can also manage stress by staying healthy.

Exams are a hassle

We’re saying it because it’s true. No one likes doing them, and cramming information into your brain over a short period of time is stressful. A bit of stress can get you going, but too much can make you exhausted, angry and annoyed.

Managing stress

You’ll be less stressed if you’ve got an idea of how the lead–up to your exams is going to look, so plan what you’re going to study and when, and stick it up on the wall, or on your desktop. Break it down into manageable chunks and start working through it at the rate you planned. It’s probably more boring at the start, but it’s far less stressful. Plan some break times and days off too!

Take the pressure off

Aside from preparing, you can also deal with pressure and expectation by realistically assessing how you think you’ll go, and working to do the best you can. If other people’s expectations are pressuring you, talk to them and try to get them to back off. If you’re putting too much pressure on yourself, try to realise failure isn’t fatal. It’s likely that the worst that can happen is that you take it again, with a massive head–start from the work you’ve already done.

Do it together

There are other people studying for the same exam, and they probably don’t like having to lock themselves away to study any more than you do. Get together with them and take the books outside from time to time. If you’re not as strong in certain areas, it could help to talk to other students as well. If you are good at it, share the brain–wealth.

If you need help, get it

It’s your teacher, lecturer or tutors job to help you understand the subject, so if you’re not understanding stuff, tell them and they’ll help. If your study load or exams are driving you mad, there are counsellors who are there to help with that as well.

This will be useful if...

› You have to do exams
› Exams stress you out
› You have trouble planning or concentrating on study
› You need help with some stuff you’re studying
› You need help planning your time

Take action...

› Grab a notebook and start planning study, and activity breaks
› Take regular breaks, it actually helps you study better
› Work on building better coping skills

www.reachout.com
**Have options**

Don’t put all of your hopes into getting into one course. Have a few options, and realise that if your heart’s set on one thing there are always going to be other paths to it.

**Go easy on the substances**

All of them – caffeine, cigarettes, coffee, no–doz, alcohol, marijuana, Ritalin, Dexamphetamine and any other drugs. Any drug you think will help you study is actually a short–term fix that’ll probably make you feel much worse and cause you to underperform later. What will actually help is sleep, good food and exercise.
This will allow you to make good decisions regarding treatment, relationships, spirituality, finances, etc. Read pamphlets you may find in the doctor’s office or health care facility; review related books, articles, videos or audio tapes. Talk to others who have had similar experiences, search the internet, read headspace fact sheets and attend support groups, workshops and lectures.

**Build self-esteem**

Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. For example, you may not be the best tennis player, but you can still enjoy playing. How can you help be the best ‘you’? Learn and openly accept who you are.

**Seek help**

A problem can sometimes be too hard to solve alone – or with friends and family – so it’s important to seek professional help. You can see your family doctor, psychiatrist, nurse, occupational therapist, psychologist, social worker or counsellor. Be honest to yourself about when you may need support and don’t be afraid to seek help: finding help might feel scary at the start but it gets easier over time.

**Build strategies**

We all have coping strategies. If we rely too heavily on one or two methods of coping in difficult times, we can find ourselves in trouble if we suddenly can’t use them (e.g. an injury might stop us from taking exercise). There are various coping strategies you can try: exercise, relaxation techniques, talking to someone, writing or art.

**Practice positive self-talk**

The way that we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivation and dedication to ourselves and our lives. It might not feel like it, but with practice you can change your self-talk. Positive self-talk is any thought you think, or any speech you say to yourself that uplifts your social, moral, spiritual wellbeing and results in improvement. Positive self-talk can be used for greater confidence, adopting a healthier lifestyle and reducing stress.

**Relax**

There are many ways to relax and different relaxation techniques to use to overcome stress. Some commonly used ones are; progressive muscle relaxation, diaphragmatic breathing, mindfulness and guided imagery.

**Exercise**

Physical exercise is good for our mental health and for our brains. When you’re feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block to yoga to cycling, could contribute to improving the symptoms of depression and anxiety.

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**Get informed**

This will allow you to make good decisions regarding treatment, relationships, spirituality, finances, etc. Read pamphlets you may find in the doctor’s office or health care facility; review related books, articles, videos or audio tapes. Talk to others who have had similar experiences, search the internet, read headspace fact sheets and attend support groups, workshops and lectures.

**Set goals**

The process of setting goals can help you choose where you want to go in life, or perhaps just what you want to achieve this week. Setting and achieving goals can be incredibly motivating, and can help build self-confidence, increase your general level of contentment and mental health.
Some people make the mistake of thinking that taking drugs can help get them through tough times. Drugs, including alcohol, can contribute to, or trigger, mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks, and psychosis.

Do something to help someone else. Acts of kindness help other people but also make us feel good. We are often happiest when doing something for others.

Conflict is difficult for most people. There are times where it may not be possible to avoid. Practicing skilful conflict resolution can make a difference and, with the skills gained, may have additional benefits. Conflict does not have to be aggressive, discussing and talking through issues can benefit your own wellbeing.

Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

For more information on these self help tips or to find your nearest headspace centre visit headspace.org.au
Log on to eheadspace.org.au for online support and counselling.
Notice how you feel. If you or someone you know are feeling low or stressed, take action. Ask for help. Don’t go it alone. Talking things over can help.

When you’re feeling low or stressed, it can also help to look after yourself. Feelings come in waves, learning to notice and let them pass using breathing techniques can help.

To improve wellbeing, stay connected. Stay involved with things that are meaningful for you; family, friends, school, sport and other activities.
AVOID ALCOHOL & DRUGS

Some people make the mistake of thinking that taking drugs can help them cope in tough times. Drugs, including alcohol, can contribute to, or trigger, mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks, and psychosis. And if you’re drinking a lot or taking drugs when you’re trying to study, you’ll be more tired and less focused which could lead to an increase in stress when it comes to exam time.

EXERCISE YOUR MOOD

Physical exercise is good for our mental health and for our brains. When you’re feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block to yoga to cycling, could contribute to improving the symptoms of depression and anxiety and can help you feel less stressed.

POSITIVE SELF TALK

The way that we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivation and dedication to ourselves and our lives. It might not feel like it, but with practice you can change your self-talk. Positive self-talk is any thought you think, or any speech you say to yourself that uplifts your social, moral, spiritual wellbeing and results in improvement. Positive self-talk can be used for greater confidence, adopting a healthier lifestyle and reducing stress, and can be a very effective way to prepare yourself for a big test or exam.

USE RELAXATION TECHNIQUES TO MANAGE STRESS

There are many different relaxation techniques you can use to overcome stress. When you feel like everything is getting too much, remember to breathe deeply. Breathe through your nose for 5 seconds in, 5 seconds out and you will find your body calms down and relaxes. This can be very helpful to calm your nerves before an exam. Check out the web and app based program Smiling Mind for help with breathing and other relaxation techniques: smilingmind.com.au

EATING

Some studies suggest that what you eat affects your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can affect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself even at times you don’t feel like it. It’s easy to get tired when you’re studying a lot, but eating junk and drinking caffeine will actually make it harder to concentrate and more difficult to get good sleep.

CONNECT WITH OTHERS

We are social creatures, and our social relationships are really important to our general wellbeing. It is okay to take time out for yourself, but don’t stay shut in. Keep your social relations strong when you are feeling stressed out, overwhelmed or depressed, as your friends and family might really be able to help you through these times.

GET SOME SLEEP

A good night’s sleep is vital for our mental and emotional wellbeing. Sleep disruptions can increase negative thinking and heighten our stress levels. Try to maintain a regular sleep-and-wake schedule, use the bedroom for its core purposes and avoid using distracting devices such as a television or a computer when you are in bed.

HELP SEEKING

A problem can sometimes be too hard to solve alone – or with friends and family – so it’s important to seek professional help. You can see your family doctor, psychiatrist, nurse, occupational therapist, psychologist, social worker or counsellor. At school you could also talk to a trusted teacher, the Student Wellbeing Coordinator or school counsellor who can provide advice or direct you to the right person if you need further help. Be honest to yourself about when you may need support and don’t be afraid to find someone to talk to – it might feel scary at the start but it gets easier over time.

TAKE TIME TO STUDY

The exam period can be a particularly stressful time, but setting time aside to make sure you fit your study in can help reduce your stress and anxiety. To reduce exam pressure, think about doing things like: plan to have a good balance between social life and study time; plan rewards for after exams; study actively and do past exam papers; develop and stick to a study routine at home.

AVOID ALCOHOL & DRUGS

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