

Red Bend Catholic College



A local community of Mission within the Australian Marist Community

Newsletter



Principal's message | Mr Stephen Dwyer

Red Bend Catholic College, or Marist Brothers' College as it was formerly known, has been a proud Marist community since its origin in Johnson Street Forbes in 1926. Under the invitation of the first Bishop of the Wilcannia Forbes Diocese, Bishop William Hayden, the Marist Brothers started a school for boys in Johnson Street to cater for regional and remote day and boarding boys. The school moved to the present site in 1956 and in 1977 amalgamated with Our Lady of Mercy College, to form co-education under the current name of Red Bend Catholic College.

Throughout the history of the College the Marist Brothers have been motivated by a particular style of education that leads young people to know and love Jesus Christ in the way of Mary, in the belief that they all can become good Christians and good Citizens. Inspired by St Marcellin Champagnat, the founder of the Marist Brothers, this Marist approach is marked by simplicity, family spirit, love of work and presence in the midst of those whom they are called to serve.

Today Br Darren Burge, the Vice Provincial of the Marist Brothers Province of Australian, met with and informed staff that the Brothers' community will close at the College from the end of 2020. Sadly this will bring to an end a 94 year presence of Marist Brothers in Forbes and the Diocese of Wilcannia Forbes. Attached to this newsletter is a letter from Br Peter Carroll, the Provincial of the Marist Brother Province of Australia.

Our current resident Marist Brothers, Br Robert Hayes and Br Bernard McGrath have both been an active, humble and gentle influence in our community. Br Robert has been engaged as a member of the Learning Support Team, as an assistant in the canteen and as an important member of our Mission and Life Team. He is also fondly known for the cakes he bakes for staff members. His gentle and wise influence will be missed. Although Br Bernard has not been directly involved at the College, he has immersed himself in the Forbes community with his work in assisting the St Vincent de Paul Society and also supporting members of the community by delivering meals via Meals on Wheels. His skills in gardening have also kept him very busy. Both of these Brothers will be dearly missed as their presence and spirit, is a dynamic part of our community.

Col Hawthorn, a long standing staff member shares this reflection on the Brothers.

'I was very saddened to hear that the Marist Brothers will no longer have a presence in person at Red Bend, after nearly a century of serving the educational needs of thousands of students from rural NSW. I myself have been fortunate enough to have experienced nearly fifty years of witnessing what amazing men they have been. They have always impressed me with the warm and caring attitude they have shown. In my six years of secondary education where the majority was delivered by Marist Brothers and then in the forty years that I have been fortunate enough to have taught beside them, it has never failed to amaze me the sacrifices they have been willing to make to ensure that all the students around them are made to feel at home and accepted. Even though the Brothers will no longer be at Red Bend I am sure the Marist pillars of Presence, Simplicity, Family Spirit, Love of Work and the Way of Mary will live on in the school and the wider community through the many students and ex-students who have been lucky enough to have them in their lives'.

As an era ends of having Marist Brothers on site at the College, Marist life and mission continues to be enlivened by the strength of that same Marist spirit that was passed on from St Marcellin Champagnat.

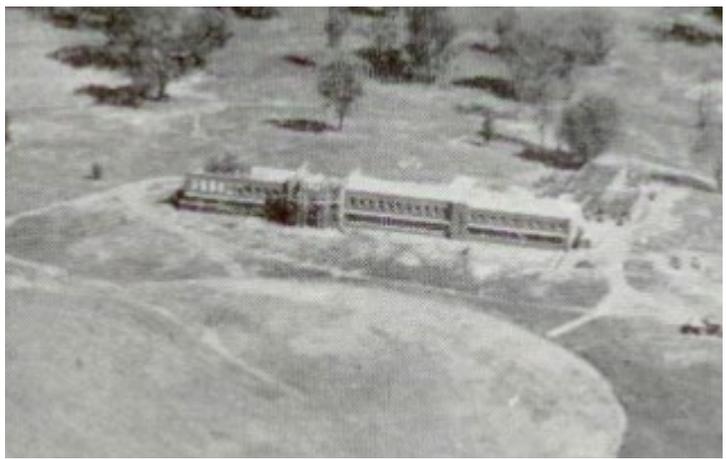
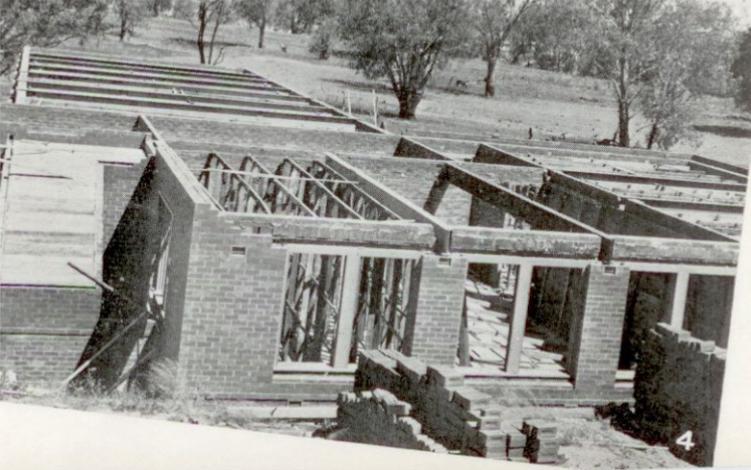
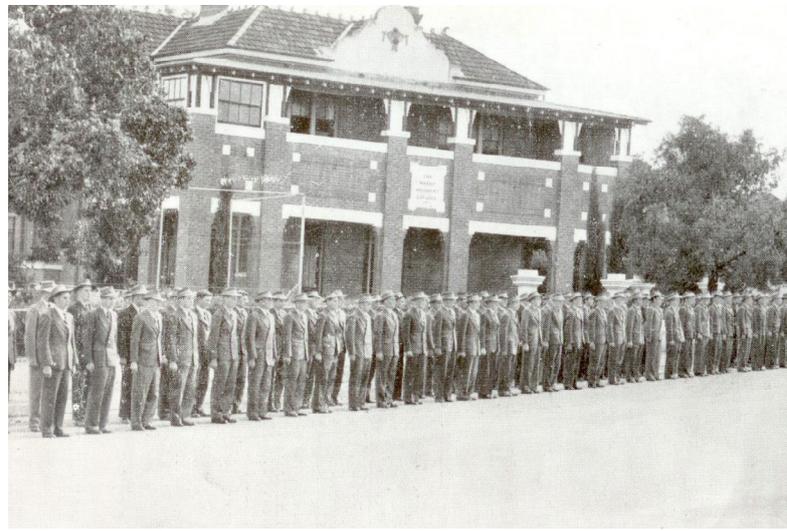
It has been a blessing for staff to work alongside the Marist Brothers and now as lay women and men, audaciously continuing to bring to life God's mission with Marian joy and hope, in striving to make Jesus Christ known and loved.

Our College Strategic Plan 'Inspires Minds, Hearts and Spirits' in creating a vision for the future, embarking on initiatives to inspire a dynamic learning community where Gospel values and Marist family spirit are at the heart of what we do. Our Marist way is connected to people in forming relationships that are safe and trusting, sharing in the intuition that 'to bring up children properly, we must love them, and love them all equally'.

On behalf of our College and wider community; students, parents, carers, staff, ex students and community members, I acknowledge and sincerely thank the Marist Brothers for 94 years of service to our College community. The Brothers current and past will be dearly missed as we continue to embrace our Marist way.



Principal Mr Dwyer with Brs Bernie and Robert



Red Bend in the 1950s



1926 in Johnson Street



2021 College Leaders

This week has also been an exciting week where the new student leaders for 2021 were announced. The formal process of leadership development at the College began earlier this term at the Year 11 Leadership Day. This day allowed the students to reflect on what it is to be a Marist leader and how all leaders are called to 'serve others' by modelling servant leadership. It is from this day that a large group of students nominated themselves for positions of student leadership. They have capably engaged with the student leadership processes of completing a self nomination form, asking staff members to write reference statements regarding their leadership potential, being interviewed about their hopes and aspirations as a future leader, presenting a speech to their peers and the staff, and finally the students and staff voted for the new leaders.

Unfortunately some of our leaders who have put themselves forward for leadership did not receive a formal student leadership position. However, in my eyes and I am sure in the eyes of the College community and their families, they are all leaders. We see all of our senior students as leaders, it is just that some have positions of responsibility. I thank all the students who nominated themselves as potential leaders. I also wish to congratulate the newly elected leaders, and I ask you to keep them in your prayers, as they commence their senior leadership journey.

On the first day of Term 4, Tuesday 13 October, we will hold our Commissioning Ceremony for our newly elected leaders. At this ceremony all our newly elected student leaders are commissioned with the support of our College and the wider community. Parents, carers and other members of the community will be able to watch this ceremony online.

May Mary our Good Mother and St Marcellin Champagnat continue to watch over our community.

Leaders

College Captain	Maisy Osborne
College Captain	James Finn
Boarding Captain	Alex Davis
Boarding Captain	Lachlan Dunstan
Basil House Captain	Ella Burke
Basil House Captain	Oscar Ryan
Chisholm House Captain	Madeline Hopkins
Chisholm House Captain	Matthew Noakes
Denis House Captain	Alyssa Hodges
Denis House Captain	Gus Hooper
Loyola House Captain	Jorja Mann
Loyola House Captain	Clinton Hooper
McAuley House Captain	Jordan Fagan
McAuley House Captain	Jesse Shorter
Xavier House Captain	Maddison Lewin-Howard
Xavier House Captain	Jack Westcott
Basil Liturgy Captain	Tahnee Purdie
Chisholm Liturgy Captain	Abbey Kennedy
Denis Liturgy Captain	Max Gates
Loyola Liturgy Captain	Holly Kerrigan
McAuley Liturgy Captain	Georgia Sideris
Xavier Liturgy Captain	Tom Mitchell
Boarding Liturgy Captain	Kat Lancaster

SRC

Noah Pearce
Blake Reeves
Reo Laurie
Mykel Coe
Phoebe Morrison
Callie Godden
Trinity Buxton
Patrick Simpson
Layne Brownlow
Lara Smith
Ella Harbidge
Mia Baker
Zac Pearce
Grace Shepherd
Vienna Farrell
Elizabeth Drewes
Aria Johnson
James Simpson
Marty Davies
Annabelle Hammond
Ashleigh Wootton
Henry Turner
Grace McKeown
Sophie McQuie
Clayton Wing Yip
Jim Tod
Ashleigh Wootton
Henry Turner
Ileerose Haydon
Grace Taylor
Molly Beasley
Bella Nicholson
Georgina Stitt
Stephanie Behan
Laura Harley
Shaianne Metzeling
Asha Tancred
Zali Reed
Elsa Cusack
Paris Neville
Charli Robinson
Eliza McRae
Jordan Lewin-Howard
Scarlett Redden

BRC

Violet Cavanagh
Charlie Coddington
Max Cruickshank
Alex Davis
Jemima Donnelly
Dayne Hamilton
Chloe Harley
Laura Harley
Angus Irvine
Kat Lancaster
Jessica Lindsay
George Matthews
Mia McCoy
Ella Payne
Ned Phillips
Angus Pursehouse
Coby Seaton
Annabelle Sturgiss
Grace Taylor
Jayden Tonks



2021 Liturgy Captains Tahnee Purdie, Abbey Kennedy, Kat Lancaster, Georgia Sideris, Max Gates, Holly Kerrigan and Tom Mitchell.



2021 College Captains James Finn and Maisy Osborne with outgoing Captains Antez Varghese and Olivia Beasley.



2021 Boarding Captains Lachlan Dunstan and Alex Davis with outgoing Captains Brad Matthews and Breanna Carey.



2021 Basil House Captains Oscar Ryan and Ella Burke with outgoing Captains Cody Crisp and Ruby Stitt.



2021 Chisholm House Captains Matthew Noakes and Madeline Hopkins with outgoing Captain Rebecca Smith.



2021 Denis House Captains Gus Hooper and Alyssa Hodges with outgoing Captains Matt Dillon and Grace Osborne.



2021 Loyola House Captains Clinton Hooper and Jorja Mann with outgoing Captains Tom Phillips and Maddy Hayes.



2021 McAuley House Captains Jesse Shorter and Jordan Fagan and outgoing Captains Noah Hamilton and Courtney Hodge .



2021 Xavier House Captains Jack Westcott and Maddison Lewin-Howard with outgoing Captains Jade Page and Ashleigh Ward.



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11 September 2020

Dear Members of the Red Bend Catholic College Community,

The purpose of my letter is to inform you that the Brothers will close their community in Forbes at the end of 2020. Brothers Robert Hayes and Bernard McGrath will leave and won't be replaced.

Sadly, this will bring to an end the Marist Brothers' 94-year presence in Forbes and the Diocese.

I probably don't need to elaborate on the reasons for this decision. We're all aware that there are fewer active Brothers than in the past, which has necessitated the closure of communities. We have tried to give preference to regional locations and were pleased to be able to maintain a Brother as Principal until 2019 and a Brothers' community in Forbes until this year. However, it seems that now is the appropriate time to leave.

In announcing this decision, there are some comments I would like to make. Firstly, it's been a privilege for the Brothers to live and work in Forbes and the Diocese of Wilcannia-Forbes. We leave reluctantly, aware that there are few Religious now in rural and regional locations. Generations of Brothers have enjoyed their association with the local people, the students and staff of the College, their families and the broader community. Secondly, I want to express our gratitude for the support we've received over the last 94 years. Each year has brought different Brothers to Forbes and each year the welcome has been genuine and warm. We have gained much through our contacts with the local people and have enjoyed their company. Brothers have worked alongside many generous benefactors as together they built the school and laboured for Catholic education in the Diocese. Thirdly, an apology. To state the obvious, we Brothers are human and therefore imperfect. For any wrongs we've done, difficulties we've created or distress we've caused, I sincerely apologise. I trust we will not be remembered for our failings but for the many Brothers who gave their best to provide a sound Catholic education for the young people of the region.

While the Brothers will no longer live in Forbes, a strong Marist presence will remain. Marist Schools Australia will continue to govern the College and to provide support and direction in the future. One of the gifts of recent years is the change in our understanding of what it means to be Marist. We now see it as a term that doesn't just apply to Brothers, but to all those who wish to follow Jesus in the way of St Marcellin Champagnat. This includes many people in and around Forbes – members of the Marist Association, staff of the College, students, ex-students and families. We believe the Marist spirit is alive and active in Forbes and will continue to animate the College.

I wish everyone associated with Red Bend Catholic College, Forbes and its broader community, abundant blessings in the years ahead.

Yours sincerely

Br Peter Carroll FMS
Provincial



Deputy Principal's message | Mr James Metzeling

This week we have been celebrating R U OK week and our staff and students have been educating each other about what this means and the importance of looking after each other's Mental Health. We have been doing a number of activities across the week to lift the profile of Mental Health and encourage each other to reach out and check in. This is what being a Marist Family is all about.

Below is a speech that was written by Sophie Heragthy and Bethany Burton and it was presented by our Liturgy captains at this week's Assembly. Our seniors have done a great job in encapsulating what RUOK week is about.

Speech by Students Leaders

Good afternoon everyone,

As you heard yesterday, we are running an R U OK week in support of the organisation and what it stands for. We will be holding many activities this week which we would love for everyone to get involved in and show your support.

Yesterday Olivia did an announcement, we had a short presentation and we played a quick game of trivia, the winners which we'll announce at the end. Tomorrow we will be doing another chalk drawing, much like we did for this years Marist theme, so we would love for the staff and students to come and contribute positive words or pictures to this. It will be at recess on the footpath outside the library.

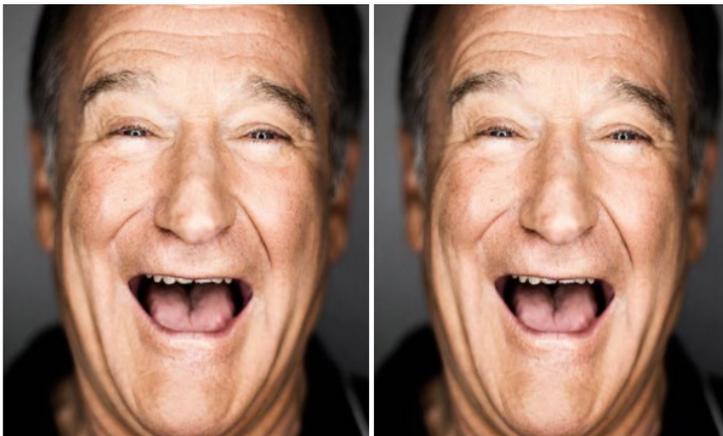
Thursday is R U OK day and we will be having a plainclothes day with a yellow theme, we are encouraging everyone to get involved and wear something yellow whether that be a hat, shirt, socks or even just a yellow ribbon in your hair. It will be a gold coin donation and there will be a bbq lunch provided. And finally, Friday is the athletics carnival so gear up for a fun day and get into the spirit of it by dressing up in your house colours.

Today's activity is simple, just a spot the difference. As a pc see how many differences can you find in this picture of Spongebob? There are 3.

Have a look and see if your pc found all three?



How about this one?



Did you find any?

There is no difference between the two. Notice how in the first activity it was obvious that there was a green sauce lid, food on one plate but none on the other and the different symbol on his hat, these problems were easy to point out. But in the second round, you see two images of Robbin Williams side by side, a huge smile on his face, and just by looking at it, you think they're the same. This makes the point of how you can't always see that somebody is struggling just by looking at them. It's so important to ask R U OK? I'm sure everyone has seen on social media posts about checking on your happy friends, your strong friend, your friend that struggles, just check on people close to you. Show that you care and that you're a person who they can go to when in need. Be there ready to listen without judgement, validate how they feel and see how you can help without just trying to fix them.

I know that even if you ask, people will still say they're fine and not open up, but if you can take anything out of this week its that we need to remove the stigma around asking for help, I know it can be incredibly hard to do but I also know that a problem shared is a problem halved and there are so many people who are willing to help and want to support you. Just show people you care and be kind. It's ok to struggle and need help. It is nothing to be ashamed of. Everyone will struggle with bad times, but I can tell you it's those bad times and lows that'll always wake you up to the good things going on and those good things you weren't paying attention to.

So please get involved with this week's activities and start a conversation with somebody, show them that you're there. And if you've been looking for a reason to reach out, this is it. We are here and we care.

Thank you and have a good week.

Following on from the speech we then outlined what the students were going to be involved in during the week. Below is what they did along with some photos of the activities:

On Monday during PC students were shown a slideshow about R U OK? and this was then followed by a fun Trivia activity.

On Thursday (It was meant to be Wednesday but the rain stopped this) , we did another chalk drawing activity much like we did for this year's Marist theme, it will take place at recess outside the library. All students and staff are encouraged to join in and draw or write something positive around RUOK.

Thursday is R U OK? Day and we celebrated with a plain clothes day. Staff and students participated by wearing something yellow, whether that be socks, shirt or just a ribbon in your hair. Then at lunch time we had a BBQ lunch for staff and students similar to what we did on Champagnant day where students received sausages, a piece of yellow cake and a yellow ice block.

The week was a huge success and I think the staff and students for getting involved.





ATHLETICS CARNIVAL

Today we were welcomed to the day by beautiful weather and a small buzz of excitement as we readied ourselves for this year's Athletics carnival. Originally due to COVID restrictions the carnival did not look like it was going ahead but with an easing of some restrictions we were given the green light. That being the case we did need to modify a number of our activities and also the set up for the day (along with still following appropriate hygiene requirements), but the students and staff dealt with these modifications well and an excellent day was had by all. There were a number of new events (like the thong throw and the fly) but the goal of participation and fun was definitely achieved as we set out to have a chance to put some kind of normality into the year.

Thanks to all the staff and students for making it a great day, and thanks to Mr Pat Rudd for his organisation of the day. Enjoy the photos.



Why Marist?

Year 8 Reflection Days

The Year 8 Reflection Days, held Wednesday and Thursday 9-10th of September, were another joyous occasion for students to connect and deepen their spirituality and faith. The theme of these days was 'Why Marist?' and based on Psalm 127. "Every Good Thing Comes from God."

Thank you in particular to these very special people who have helped make these days possible:

Wendy Sharkey and Sr Liz Young for assisting in the organisation.

Michael Keep and Kayley Waldon for putting together the final video.

Cecily Howarth & the Kitchen Staff for the wonderful selection of food and drinks.

Glendon Hooper & Maintenance Staff for the set up and pack up of the venue.

Small group leaders Alex Abbey, Catherine Rigney, Ms Kristy Butler, Dominique Nixon, Sr Elizabeth, Jenny McDean, Kylie Kerr, Martin Rein, Brad Flick, Rob Turner, Sarah Duggan, Carmel Turner, Wendy Slatyer and Sarah Marley.

Br Rob Hayes, Leah Lamb and Courtney Hodge for being brilliant judges for the Champagnat Play!

Peace,

Mr Matthew Pearce



Diocesan Pastoral Council

Bishop Columba Macbeth-Green is forming an ongoing Diocesan Pastoral Council that will look at the pastoral needs of our diocese and work in collaboration with him to address these realities and work for the mission of the diocese.

The bishop is calling for nominations from across the diocese to join the Diocesan Pastoral Council, including the Red Bend community, parishes and Catholic organisations. He asks that you prayerfully nominate people (or nominate yourself) that you believe will help make an impact in our diocese. There will be four meetings a year, at least one face-to-face and the others by technology. Nominations are open from 7-30 September and further information is available from the chancery: chancery@wf.catholic.org.au or (02) 6853 9340.

Learning Support

What a year 2020 has landed up to be! No one could have predicted the challenges that all students would be subjected to at the start of the year. Traditional classroom learning had suddenly been catapulted into the 21st century, with buzzwords like GoogleMeet and Zoom now being the most googled 'how to' searches. Despite all this, our Learning Support students transitioned to online learning with such enthusiasm and dedication, it was humbling to witness. This transition ensured these students continued to be able to learn and persist with their progress. Many of the MacqLit classes saw GoogleMeet sessions delivered across the greater New South Wales hinterland and as far as Alice Springs in the Northern Territory. Our Learning Support Officers joined online classes and continued their new version of "Classroom" support that ensured all students were supported and included through this challenging transition.

An exciting addition to our Learning Support Faculty is the introduction of a new 'Living Skills' curriculum, where students on the Life Skills path get to experience and practise real life situations needed to live a more independent life. Each Friday afternoon, students get to plan, budget, shop and cook a meal for each other. This incorporates many skills such as, literacy, numeracy and as well as learning necessary skills such as budgeting, shopping, cooking and cleaning. Past meals include Teriyaki Chicken, homemade Hamburgers as well as Indonesian Fried Rice. We are certainly excited to see what other culinary masterpieces are produced by these dynamic students!

With the seniors engaging in their exams this term, the Learning Support team have been kept busy assisting the Year 12 and 11 students preparing for their numeracy and literacy Minimum Standards testing and we're confident they'll achieve the necessary results to be able to continue onto complete their HSCs. We'd also like to take this opportunity to wish the Year 11's good luck on their upcoming exams!

Teacher Aide Appreciation week was celebrated this last week at the College, with a lovely dedication in the Tuesday Assembly as well as a box of chocolates and certificate for each Learning Support Officer. These kindly acts of acknowledgement are thoroughly appreciated, so thank you Mr Dwyer.



Parent Teacher Conferences

The Year 12 Parent Teacher Conferences will be held via phone on Wednesday, September 16, the booking time will be 4.00pm- 6.00pm.

To make an appointment for a phone conference, you will need to access the parent portal on the College website, www.redbendcc.nsw.edu.au. The link will be available from Friday 11 September until Tuesday 15 September. If you are unable to access the internet to make your bookings please contact the IT department at the College on 68522000 or email it@redbendcc.nsw.edu.au, who will be able to facilitate the procedure for you.

Teachers will have up to 3 phone conferences within a 30 minute period. You will be able to book one conference per 30 minutes block. The duration of the phone conference will be approximately 10 minutes. The class teacher will contact you on your preferred contact number during the timed 30 minute period.

If the interview times have been fully booked it is still possible to request a phone interview at another date. Please indicate on the booking site, the times/dates that you are available.

HSC information session

The College is inviting you to our second online information session on Wednesday 16 September 2020, 6.30- 7.30pm.

The topics covered include the following:

- Study Skills
- Post-School
- Well-being and Pastoral Care
- HSC exams
- HSC results, Credentials and ATAR
- The panel of speakers will be:
- Ash Hogan- Director of Students
- Janice Little- Careers Advisor
- Trish Martin- Director of Curriculum and Staff
- Deborah Wheeldon- Director of Learning, Teaching and Compliance

The presentations will conclude with an opportunity for parents to submit any questions online. Time will be allocated to respond to the questions. Please click on this link <https://redbend.cc/hscinfo>.

If you have any questions about your child/ren's report, the Parent Teacher phone conferences and or the online HSC Forum, please do not hesitate to contact me trishmartin@redbendcc.nsw.edu.au. or phone 0417216930.

CHANGE OF DATE

Year 12 Parent Teacher interviews and Information evening will now be held on Wednesday, September 16

RBCC Royal

On Thursday, 3rd September the Red Bend CT held a very successful (and fun) "Red Bend Royal 2020" show onsite at the school. We decided to organise "an event" that would give us some purpose in this COVID restricted weird world we find ourselves in.

The students prepared the 10 steers that we had been organising for Sydney Royal, Local Shows and Scone's Beef Bonanza but, due to the total cancellation of these competitions, we wanted to do something that the steers and students could be part of and basically "earn their keep". We also have 8 new members join the team this term ranging from Yr 7 to Yr 9 and I wanted to give them an idea of what happens at shows- for that time in the future when we can return to the showing.

The day included Junior Judging and Parading competitions in two classes of Novice and Experienced. This was then followed by the Steer Judging. A 'Guess The Weight' of a beast also ran throughout the day. And to conclude we organised a Farmers Challenge in which the 26 cattle team members formed teams to vie for the first prize on offer.

Invitations were sent out to staff and students to attend when they could including during our regular lunch break.

The judges were sourced from our own staff as we were unable to invite outside guests. Mr Hawthorn and, a Yr 12 Cattle team member, James Barnes judged the Junior Judging event, Mrs Tandy did a marvellous job with the Parading competition and Mr Billy Masonwells- an ex meat inspector and now employee at the school was asked to complete the judging of the steers.

Prizes for the different sections included specially printed satin ribbons, trophies and cattle canes in addition to gift vouchers purchased from local businesses.

We concluded the day with many smiles and a feeling of completion and success- even when things aren't as we would like, you still can adapt and get some good from the bad.

I would like to thank the judges- Mr Hawthorn, James Barnes, Mrs Tandy and Bill Masonwells, Andrew Norton- Knight and Fred Brown, the Kitchen staff (for the delicious morning tea and lunch), and all the people who supported us in many ways from the school. Mostly I wish to say a massive thank you to the Cattle team members. It may not be as exciting or as challenging as showing outside in the big world but it still was rewarding and I so loved your faces of enjoyment all throughout the day!!

Mrs Earl.



Year 11 Final Exams

Year 11 students are working very hard preparing and revising for their final preliminary exams. In preparation for the exams the students have been provided with advice on how to prepare, an overview of the format of the exams and their exam timetable. (YEAR 11 PRELIMINARY EXAMS 2020) Last week we met with the students to go over the exam rules and expectations. They were also reminded about being COVID safe. That is to regularly wash their hands, to cough or sneeze into their elbow and to avoid touching their face. If your child has any symptoms they are to get tested and stay home until they receive their results. Parents/ Carers are to advise Trish Martin if their child is unwell. The student is not to return to school until they have emailed their test result to the college.

Students will have received an email regarding their study intentions for the exam period. We strongly recommend that students make use of the silent supervised study provided in the College library. Alternatively students may wish to study at home.

When replying to the email students are to complete the following steps-

- Step 1- An email will be sent with your login details for your study intentions
- Step 2- Fill out your intentions for each section.
- Step 3- Sign your intentions online by using your mouse or touch screen.
- Step 4- Enter your parents/guardians email address and press send
- Step 5- After you have sent the email press the green submit button on the bottom right of the screen
- Step 6- Please ask your parents to check their emails and confirm your study intentions.

What follows are frequently asked questions about the Year 11 Final exams.

What to do if you are unwell?

Contact Mrs Martin and obtain a Medical Certificate

If I miss an exam what will happen?

If you miss an exam and you do not have a reasonable excuse eg medical you will receive zero.

Your missed exam will be at a later date, within the exam period. Alternatively if you continue to be unwell you will receive an estimate based on your current rank order.

What time do I have to be at school before my exams?

At least 10 mins before each exam. Line up outside the MPH, in alphabetical order in courses.

What equipment do I need to bring?

You will need at least two black pens. Remember your calculator for Maths, Science and TAS based courses. All equipment to be in a plastic sleeve. No mobile phone.

What do I do once I am in the exam room?

Listen carefully to the instructions. Make note of the time and the location of the clocks. When directed, check that you have all of the necessary exam papers. Write your Student Number on the exam paper.

Can I leave the exam room?

You can leave the exam room once you are directed by the supervisor. A toilet break can be taken after the first half hour and not in the last half hour.

Where do I go for study?

Study is located in the library.

Am I expected to attend school on Friday 25th September, 2020?

Yes. This is a compulsory day of attendance for all Year 11 students.

Study Skills and Wellbeing

- To help all students to achieve to the best of their ability, the following tips and tricks were discussed at the meeting:
- Prepare summaries
- Practice timed questions
- Ideas of how to answer multiple choice questions
- How to access past exams
- Knowing the key words and terms e.g. describe, analyse, evaluate, etc
- Don't procrastinate
- Use the resources available to you- including study centre
- During the lead up and during the exams, it is very important for all students to look after themselves. Sleep, regular physical activity and good nutrition all help students during this time.
- Sleep is vitally important:
- Try to have a routine to relax you before going to sleep
- Avoid energy drinks
- Have 9 hours sleep every night
- 'Sleeping is when your brain computes, sorts everything out and puts it in order. It's very important to get adequate sleep when you study.'

Physical activity every day also helps when studying:

By adding some exercise to your daily routine you will improve your exam performance and reduce stress and anxiety.

Exercise is a break from study pressure

Exercise improves cognitive function

Try to do half an hour a day of exercise such as a jog, bike ride, swim or fast walk.

The following link provides some strategies to help cope during this time.

<https://www.youtube.com>

Students are encouraged to see Mrs Wheeldon if they have any questions in regards to study or if they would like some help to develop a study schedule.

Also, Mr Hogan and the House Coordinators are available to help with any of the above.



COME ALONG TO THE

FORBES

**LOCAL AECG
AGM**

**OCTOBER 14, 2020 AT 11:30AM
WIRADJURI DREAMING CENTRE
OR BY ZOOM - SEE SCHOOLS**

**FREE COFFEE
&
SAUSAGE
SANGA**

**ABORIGINAL
PARENTS &
CARERS
WE WANT YOU!**

