



Strive to Achieve

Bulahdelah Central School

Delivering Quality Education –

Teaching Today, Educating for Tomorrow

PRIDE: Participation, Respect, Innovation, Determination, Excellence

Term 3
Issue
13
06/09/10

Tall Timbers Newsletter

WHO'S WHO AT BCS

Executive

Principal:

Don HUDSON

Secondary Deputy

Principal

Roger HORTON

Primary Deputy Principal

Sally THOMPSON

Secondary Head Teachers:

Maths/PE Faculty

Wayne HOLT

Welfare Faculty

Deborah GILBERT

TAS/LOTE Faculty

Christopher GLADYS

English/History/CAPA
Faculty

Vanessa SHULTZ

Science/Social Science
Faculty

Michael STACE,

Primary Assistant

Principals:

Stan BACKHOUSE

Carol WILLS

HOW TO CONTACT US

Mail

8 Meade Street
Bulahdelah 2423

Telephone

4997 4329 Admin Office

4997 4766 Canteen

Fax 4997 4512

Email bulahdelah-

c.school@det.nsw.edu.au

Web Site bulahdelah-

c.schools.nsw.edu.au

Story Bridge Book Fair

I would like to thank the Bulahdelah School community for its generous

support of our 2010 Book Fair.

The school library has earned \$550 for hosting the Fair. This is based on a percentage of sales. Our small community bought \$2,764 worth of books.

This was an amazing result. I hope the children enjoy their purchases. One of the most significant tools we can give our children is a love of reading. It's a gift for life.

So thank you all again, and a special thank you to our wonderful **Sheree Robards** (see above) for her splendid display (below).

- **Kathryn Gresham, Librarian**



PRINCIPAL'S MESSAGE

Multitasking

The skill of multitasking has been elevated to a quality to aspire to if you want to succeed either at school or out in the workforce. It is made out to be a skill that we should all master. Our children, we are told can multitask whilst us older generation aren't up to the task. There are many reasons why multitasking is expected. Our pace of life has sped up. We have more opportunities, higher expectations and everything is expected in an instant – fast travel, fast food, instant information and instant communication.

Students today are always multitasking, instant messaging while doing homework, playing games online and watching TV. They are either doing a number of things at once or switching from one task to another then back again in quick succession.

Studies are now started to show what many have believed all along, that multitasking isn't producing the results that we expected and in some cases it is actually detrimental to what we are trying to achieve. One recent study found that "multitasking adversely affects how you learn. Even if you learn while multitasking, that learning is less flexible and more specialized, so you cannot retrieve the information as easily." There is evidence now that suggests that multitasking changes the way people learn and is changing our brain structure.

There is also a belief that multitasking is a poor long-term strategy for learning and in some ways this generation of students are guinea pigs. What long term affect will multitasking have on the brains of or next generation? While students are multitasking they are skimming, looking for small snippets of information, there is little depth to their work or thinking.

In some ways when we talk about multitasking, we are really talking about attention and the ability to concentrate on one thing long enough to either finish the task or to learn from it to be able to move onto the next task, gain a real depth of understanding. Lack of concentrations, off task behaviour, not listening, chatting, getting up/wandering around, inability to complete work are areas that are becoming more prevalent in all classrooms. One of the most common complaints from teachers is the observation that some students just cannot concentrate for any decent length of time. Yet we know that good concentration is absolutely essential for good quality learning.

There is a whole host of reasons for students' inability to focus for a reasonable length of time. Some of these include lack of early training, special needs, lack of engagement, problems in and outside the classroom. As a school we continually work on areas to improve student concentration in the classroom. At home we need to remove distractions such as television, computers and phones if we want our children to be able to apply themselves to the task at hand. Given that all students need to concentrate and apply themselves to 3 hour exams by the time they reach year 12 it is important that all student develop the ability to focus on one thing at a time.

It's our attitude that counts...

The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts, than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do, than appearances, than giftedness or skill. It will make or break a company ... a classroom... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... We are in charge of our attitudes. ...**Charles Swindoll**

PRIMARY HAPPENINGS FROM THE DEPUTY PRINCIPAL

I would like to begin by acknowledging the efforts of our **girls' soccer team**. They had a very successful season, making it to the fifth round of the PSSA Knockout competition. They were narrowly defeated 1-0, by Tomaree last Thursday. It was a very close game and the girls can be very proud of their efforts, not only against Tomaree, but for the whole season. Of course, the girls had excellent leadership in the form of **Mrs. Murphy**, their coach. Mrs. Murphy gave up many lunchtimes and relief from face-to-face periods to train the girls and organise the games. She also coached the boy's soccer team and the boys and girls touch footy teams. We are very fortunate to have teachers on our staff to take on these extra duties and I thank Mrs. Murphy for her passion and dedication to the students. Well done girls and Mrs. Murphy!!!! Thanks also to the parents for your support!! It was great to see so many of you at the home games.....it certainly does help lift the girls!!!!

The "**Book Fair**" held last week was once again an overwhelming success. There was a wide variety of titles and genres. Thanks for your support through the purchase of books. A percentage of the money raised comes back to the school in the way of reading resources for the library. This is a win/win situation.....children reading and books for our school!!! Thanks!!

I would like to remind all parents that **students cannot be supervised at school, in the morning, before 8:30am**. Students should not arrive at school before this time unless it is absolutely unavoidable. If your child is **out of school uniform** for any reason, we would appreciate a note explaining the circumstances, otherwise they will be marked as "out of uniform" for that day. I would like to thank you in anticipation of your cooperation in these matters!!!

Some dates for your diary- 6/9 Assembly 2:15pm; **10/9** Rugby League Clinic (Yrs 3-6); **17/9** Cricket workshop; **20/9** Merit Assembly; **24/9** JRFH Jump-off, last day of school for Term 3.

Sally Thompson, Primary Principal.

CANTEEN CATERING – Innovation & Excellence

Nutrition Note

The Family Dinner Strikes Back!

The family dinner is an opportunity to create unity and to equip our children!

Sharing a meal with family or friends not only provides us with foods that support good health but it gives us an opportunity to come together to sustain our well being and happiness. Mealtimes provide valuable opportunities for families to enjoy and try foods that will lay down the foundation to good eating habits in later life. Making time to eat an evening meal at the table, without the television, encourages family discussion and unity. To enhance your child's knowledge of food and provide them with essential life skills in food preparation, why not get them to help out with the nightly meal? Kids of all ages are capable in helping in some way, and will love the opportunity to participate in a 'grown-up job'. Young kids may help choose the right foods out of the fridge, wash the fruits and vegetables and mix ingredients; primary to high school kids may help with mixing, chopping and cooking with heat. Try a meal where each member can make their own dinner,





such as decorating their own special pizza with a range of vegetables. Encourage the child to learn about each food and how it may be used, for example smelling different herbs and spices, growing some vegies from seed, reading the ingredients in a pre-packaged food or counting how many vitamins and minerals are in each food. With so much going on in the world and so many demands on our time and attention, it is easy to lose touch with our children as they grow and develop so quickly. These activities will help families to stay in touch and to value the contribution and importance of each member.

CHOW DOWN & WIN WITH FRESH FOR KIDS

Order any food containing fresh fruit or vegetables, receive a sticker and place it on your entry form (available from the canteen). When you have four stickers you will receive a small prize from the canteen and also be eligible to enter the main promotion with fabulous prizes – a family holiday to the Gold Coast in Queensland, a Chowder Laptop, Chowder IPOD Shuffle, a Cartoon Network DVD bundle or a Chowder Prize Pack. It's an old saying but true – you've got to be in it to win it! More information on www.freshforkids.com.au

CANTEEN SPECIALS

The BCS Canteen staff **Sheryl Barry** (Canteen Manager) and **Stephanie Dennis** (Assistant) continue to provide a healthy and varied selection of foods for our students and staff. They prepare healthy one-off specials each week. These specials are publicised each fortnight in the school newsletter, on the school web site and the daily notices. Students and staff are invited to order from this list in addition to the Menu/Price List. Specials this fortnight are:

<u>DAY</u>	<u>SEPT</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
MON	06	Ham & Cheese Muffins	\$ 2:50	Rissoles (G) roll	\$ 2:50
TUES	07	Nachos	\$ 3:00	Stir-fry chicken & rice	\$ 3:50
WEDS	08	Wedge S/C chili sauce	\$ 3:00	Baked beef & veggies	\$ 5:50
THURS	09	Chicken goujons	\$ 2:50	Sweet & sour pork	\$ 3:50
FRI	10	Mini chicken wraps	\$ 2:50	Fish & salad	\$ 5:00
MON	13	Mini meatballs	\$ 3:00	Roast beef roll (G)	\$ 3:00
TUES	14	Mini roast rolls	\$ 2:50	Calamari & salad	\$ 5:00
WEDS	15	Carrot cake	\$ 1:50	Quiche & salad	\$ 4:50
THURS	16	Wedges (chicken)	\$ 3:00	Meat kebabs & veg	\$ 3:50
FRI	17	Scones, jam & cream	\$ 1:50	Stir-fry beef	\$ 3:50

ACTIVITIES & EXCURSIONS - Participation, Respect, Determination & Excellence



WELL DONE, FOOTBALLERS: The Raymond Terrace U17 team won against Wallsend/Merrylands team 222 to 20 recently with BCS students Jay Reynolds, Guy Germon, Tom King and Corey Johnson being members of the victorious team. The Raymond Terrace U16 team with BCS students Liam Gleeson, Josh Jones, Zac Allen and Ben Grainger defeated the Aberdene team 26 to 22. Congratulations

STUDENT REPRESENTATIVE COUNCIL SUPPORT WORLD VISION:

Last Friday (3rd September) SRC members sold cupcakes at recess with all proceeds going to World Vision. The cupcakes sold for 50c each – what a bargain and a great way to help a great cause. Well done, SRC.

FATHER'S DAY:

Your P & C Association Inc members once again provided gifts for our primary students to buy to remember dad. The stall was held last Thursday – thanks to all those who assisted and we hope all you dads had a wonderful day yesterday!

VILLIANS, VIXENS & VAMPIRES:

The annual BCS musical production is well underway. This year it's a **fangtastic** feast of melodrama in the "**Dracula Spectacula**". Not only will they be starring in the show, but the Year 11 Drama class has been busily working to create ghoulish sets, ghastly costumes and creepy choreography. Year 9 and Year 10 Drama students will make their dramatic debut as grisly characters such as Elvis, Dracula's Brides, Hans & Gretel. The terrifying Primary choir members are rehearsing their spine-chilling tunes. So come along and have shivers sent up your spine.

PERFORMANCE DATES: Wednesday 22nd September matinee at 11am and 6pm evening performance, both to be repeated on Thursday 23rd September. The evening shows will finish between 8:30pm and 9:00pm so it's not a late night. Tickets are \$10 adults; \$5 students and \$30 a family. They can be pre-purchased or bought on the night. (As there is an allocated seating plan, first in, best seats.)



MATHS STUDENTS REWARDED:

Earlier this month, 23 Year Seven students were rewarded for completing 90% or more of their mathematics home-work in Term Two with an excursion to Sydney. The students enjoyed the Sydney Aquarium examining the sharks, dugongs, rays and platypuses. Lunch was a bit on the run at Darling Harbour. They then continued onto the I-MAX theatre, where they watched "Egypt" on a 6m screen in 3D. A quick walk around Darling Harbour finalised the day's activities before heading home. This is the second reward excursion for the group; first



term's homework reward was at Luna Park. Students are now considering where their next excursion will be as their reward for completing 90% of their Term Three's homework.

NUMERACY WEEK: Numeracy Week was from 30th August to 3rd September, 2010. The ideas man, Mr. Peter Kershaw, assisted by the Maths staff, put together a fun filled week of activities including "The Game of Nim" battle, the times table challenge, numeracy cake decorating, the Dead Mathematicians Crossword and dome

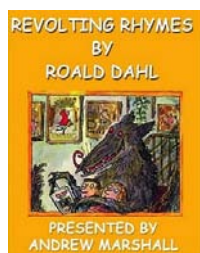


building. Challenges will continue throughout the week until a champion for each division is decided. Stay tuned to see the results in a future newsletter.

NSW PREMIER'S STUDENT VOLUNTEERING AWARDS PROGRAM: In 2010, all Year 9 and 10 students have been entered into the NSW Premier's Student Volunteering Awards Program and are eligible to receive accreditation for any volunteer activity they partake, backdating to the start of 2009 for the Year 10 students. This program is only open to students in Years 9 and 10 and certificates for 20, 40, 60 and 80 hours of volunteering.

Any activity where the student is not being paid and where they are doing it to benefit others can be considered. Students are currently getting accreditation for volunteering for FAWNA, SRC, Brekky Club, mowing lawns, Homework Club, tutoring, fire brigade, Surf Life Saving, 40 hour famine, selling raffle tickets, etc. If you can think of an organisation that could use students as volunteers, please contact Deb Gilbert at school.

Students can access the program through their portal and register their hours. The program started in BCS at the start of Term 2 and already we have students who are eligible to receive certificates from the Premier of NSW after the next print run.



AUNTY PEACH AND THE REVOLTING RHYME – CANCELLED: On Friday 27th August students from Kindergarten to Year 6 were to be treated to a wonderful performance as the wacky and humorous rhymes of Roald Dahl were brought to life. However, due to the performers' family being in ill health, the performance was cancelled.

REGIONAL PUBLIC SPEAKING COMPETITION: This competition is held in Tuncurry over four days 6th September (Year 3 students; Tuesday 7th (Year 4); Monday 13th (Year 5) and Tuesday 14th (Year 6). Results will be in our next

newsletter.



JUMP ROPE FOR HEART! The Heart Foundation has created our own online Jump Rope for Heart page! Become one of our "Heart Heroes" and help raise funds for the Heart Foundation through the Jump Rope for Heart program. All you need to do is follow these 3 easy steps!

CLICK - Register online by finding your school and joining your school's fundraising team at www.jumprope.org.au

FLICK - Send a few emails asking your friends and family to help you raise money for the Heart Foundation

SKIP - Keep your heart healthy and have fun

Students who raise \$100 or more online will be given some awesome flashing light shoe skates as a bonus prize to go along with all the other cool thank you prizes. So log on to our school page today and email your friends and family to show you're doing your bit to help the Heart Foundation!

Did you know that cardiovascular disease affects two out of three Australian families? Your support will help the Heart Foundation continue its lifesaving work.

HEALTH & SAFETY ACTIVITIES - *Participation, Respect, Innovation, Determination & Excellence*

AUSTRALIAN YOUTH ROAD TRAUMA FORUM: Year 10 students had the opportunity to participate in this Forum held at Acer Arena, Homebush on Tuesday 24th August. During Year 10 is when most students obtain their Learner's permit to drive and this Forum was held because our youth are being severely injured and killed due to potentially preventable road crashes. The NSW statistics for 2005 for 17- 25 year olds, recorded 6,487 casualties of road trauma and 111 deaths. These young people hold only 15% of licences but they are involved in 28% of crashes. Westmead Hospital's Trauma Service and NRMA Motoring Services are committed to decreasing these numbers and the attendance of our students at this Forum provided them with a realistic look at the trauma caused by road crashes coupled with them receiving information and strategies in an attempt to reduce serious injuries and death



FREE VACCINATION PROGRAM – note change of date: Students involved in this program from Years 7 will receive their final injections on 10th September, 2010, not the 9th September as previously arranged. Students in Year 7 will receive their second dose of Hepatitis B Vaccine and Year 7 girls will be receiving their third dose with the Human Papillomavirus vaccine. It is hoped that Varicella (chicken pox) vaccine will be available at this time.

TEEN DENTAL CHECK: Earlier this year, selected students from Year 9 and their parents were asked to complete a survey regarding their dental health. Permission was also given for the students to have their teeth checked by a dental nurse at school. The Teen Dental Team examined students at the school on 31st August and 1st September. We look forward the results of this investigation and are pleased so many students became involved.

SAVE A MATE TRAINING: On September 22nd a group of selected Year 10 and 11 students will undergo Save A Mate Training at BCS. This is a Red Cross initiative to guide students how to react when a friend is in trouble. It includes alcohol and other drug-related emergencies, mental health and first aid. It aims to reduce the harm associated with substance abuse, particularly with young people.

NATIONAL CHILD PROTECTION WEEK 5th to 11th September

**The aims of this week are to raise awareness in the community of child abuse prevention.
PROTECTING CHILDREN IS EVERYONE'S BUSINESS!!**

“What can I do?”

If you think a child has been abused or neglected, you must ring your local child protection authority or the police.

But in order to help **prevent** getting to such a tragic situation in the first place, there are lots of things you can do to help protect children. The following tips are not definitive or exhaustive, but are a good start.

Parents/Carers and Relatives: look out for children!

1. Teach all the children in your family how to be safe with people. Learn about child abuse and neglect and the warning signs.
2. Listen to, reassure and believe children. Children who have experienced abuse may try to tell an adult several times before somebody hears them. If you're worried about a child in your family, there are lots of things you can do.
3. Reach out to help parents of young children in your extended family - parents need all the support they can get. Let them know that it is okay to ask for help. Parenting is hard and all parents will benefit from help at times.

Neighbours: take the time!

1. Inform yourself about child abuse and neglect and ways you can help protect children in your neighbourhood (e.g. notice the signs of stress in your neighbours and lend a hand if you can).
2. Take the time to get to know the families in your street so that families can give one another support to cope with the stresses of parenting.
3. If you're worried about a child, don't stay silent, do something.

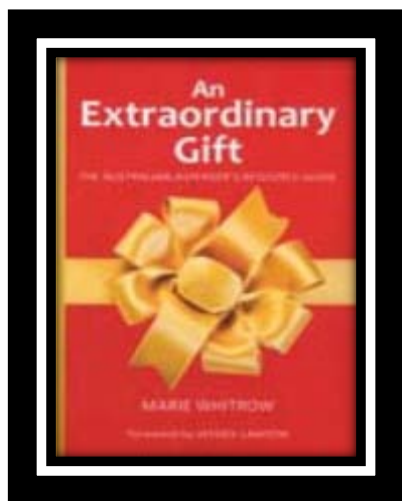
Source: (NAPCAN) National Association for Prevention of Child Abuse and Neglect

GREAT STORY TELLING, MR. GIBBS



**KINDERGARTEN TEACHER
WARREN GIBBS READS TO
HIS CLASS AT THE BOOK FAIR**

AN EXTRAORDINARY GIFT - THE AUSTRALIAN ASPERGER'S RESOURCE GUIDE:



This beautifully written book is the first Australian resource guide for parents who have a child with Asperger's Syndrome. It offers profound insight into parenting these extraordinary children; sound information on how to negotiate the Australian service systems and practical support so parents know they're not alone. If there's one book you must have, this is it! *In An Extraordinary Gift - The Australian Asperger's Resource Guide*, author Marie Whitrow takes the reader on a journey through the labyrinth of information and misinformation that parents of a child diagnosed with an autism spectrum disorder face. This book would be of interest to anyone who loves or works with a person affected by this disorder. The book offers insight and knowledge about how to parent and educate children with Asperger's Syndrome, providing current information and practical support. **(Your school library is purchasing a copy of this book and it will be available in the near future.)** About Author: Marie Whitrow has a background in early childhood development and

counselling. She resides in Bendigo where she works as an advocate in disability services. Details: SKU 4434; Author Maria Whitrow; Price \$41:95.



REMINDER:

Students/Parents please send in your
SCHOLASTIC BOOK ORDERS
no later than 9:00am Monday 6th September (TODAY).
Don't miss out on some excellent books, posters, games and
fun things to make and do.



HOUSEKEEPING

OFFICE HOURS:

Your school's Administration Office is open **Monday to Friday from 8:10am to 3:30pm. The exception is Thursday Week A** – the office will close at **3:00pm** to enable SASS to hold a fortnightly meeting. Early closing date for Term 3 is 16th September.

NEXT NEWSLETTER: Monday 20th September – Issue 14.

BCS distributes the *Tall Timbers* newsletter by email. Please make sure your mailbox is cleared. Also, the newsletter is available on the school webpage.

REMINDER TO THOSE FAMILIES WHO HAVE REQUESTED A PRINTED COPY: Please ensure that your student comes to the school administration office at lunchtime fortnightly on Monday to collect his/her copy. At this stage this is not happening without many reminders in the school daily notices. Dates for Term 3 are as follows: 9th and 23rd August, 6th and 20th September. Please mark these dates on your home calendar.



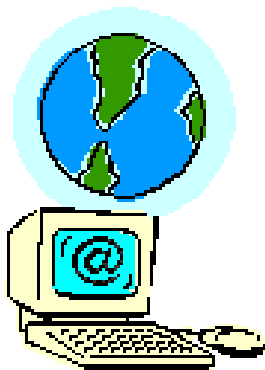
COLES SPORTS FOR SCHOOL PACK

From Thursday 2nd September until Sunday 31st October, 2010, every \$10 customers spend at Coles Supermarkets, Coles Online, Bi-Lo and Pick'n Pay Stores will earn a *Coles Sports for* delivered to BCS at the start of the 2011 school year. Take your receipts to the School Admin office. Visit coles.com.au/sports for schools for further information.

SOCIAL NETWORKING – BE ALERT

The 21st century has seen the advent of a totally new and innovative form of social networking amongst our students. Gone are the days of meeting at a milk bar or going for a walk, run or bike ride to chat. The new way for our young IT natives is through texting, emailing, chat rooms and networking websites. The number of text messages sent daily exceeds the population of the planet. An amazing fact is that social networking websites make up at least six of the top

15 websites worldwide; examples are YouTube, Face book, My Space. They are an excellent way to communicate with anyone; our students are globally connected. As with any new things there are also negative aspects to this electronic form of communication. Parents and schools are looking at ways to address the adverse impact, especially in terms of their capacity to be an anonymous method of bullying and harassment. It is essential for parents at home to have a real awareness that there are undesirable people out there who anonymously trawl these sites masquerading as young teenagers. At school these websites can be blocked, but what as parents can you do at home? There is an excellent resource for all of us to use to manage this phenomenon and we encourage all parents to access the following website for tips: <http://www.netalert.net.au/default.asp>



COMMUNITY CHATTER – Participation, Determination, Excellence

FIT WEEKEND: The Myall Coast Chamber of Commerce would like to *invite all students to the delightful townships of Tea Gardens and Hawks Nest to enjoy a weekend of health and fitness.*

Yacaaba Dash Fun Run – Saturday 25th September. For more information about the Yacaaba Dash please link to our website at: <http://www.myallcoast.org.au/yacaabadash.html> Registration Forms are available for download from this website as well.

Ride the Myall Coast – 26th September as part of NSW Bike Week. We will also be launching the new “Cycling on the Myall Coast” brochure to coincide with this event. Read more about the Ride the Myall Coast at our website: www.myallcoast.org.au/ride.html. Registrations are available for download from this website. Register early for this one!

BIANNUAL SMALL FOOTPRINT INITIATIVE: The weekend event is run by the not-for-profit association to help raise funds for a variety of community projects with the aim is to help promote sustainable lifestyle solutions in our beautiful Great Lakes region. This year the event will run from September 10-12th in conjunction with National Sustainable House Day and includes:

- a slow food dinner + trivia night featuring organic wine tasting and local produce to be held at Moby's function centre at Boomerang Beach,
 - a self-drive sustainable house and garden tour around our area featuring natural building materials, alternative technologies, healthy buildings and organic / permaculture gardens,
 - a free family festival day at the local community centre with market stalls, trade displays, kids activities and entertainment from 9am-2pm. BCS has been sent a "poetry tree" activity from GLC which will be on display at the festival too!
- We are also pleased to announce that STS services of Wootton have once again arranged a generous **major prize** raffle for the event of a 1.4Kw solar power kit + \$1000 more in prizes. Tickets are available over the weekend or at Farmers Patch in Forster and the raffle will be drawn at the Festival on Sunday. The prize is available for installation to any household in the Great Lakes or Taree areas providing the winner comply with installer's criteria!

A variety of information including timetables and event details is available on the website at www.smallfootprint.com.au or a member of the community association can be contacted on 0447 628 144.



EXAM PLANNING FOR THE HSC (AND MOST OTHER EXAMS)

Remember that you are studying at this level because you have already passed a lot of exams. What you need to do now is to continue doing those things that have worked for you in the past, and try and eliminate any bad study habits which have previously hampered your success. At HSC level you are not just tested on simply what you can remember. Markers are not only interested in testing how much you know, but also in finding out how well you apply your knowledge. Try not to think of exams as hurdles between you and good marks or a successful outcome. Instead, think about exams as an opportunity for you to demonstrate your understanding of material you have studied. Of course exams require you to work under conditions and time constraints which can be stressful, but this is just practice for dealing with the pressures and deadlines you will face in your working life. Refuse to believe the student who says he/she only works just before exams and still gets through. Revision doesn't *begin* a week before the exams, although it might be more intense towards the end of the semester. To maximise the chances of a satisfactory result in your exams, start your preparation as early as possible in the semester.

Here are five concrete things you can do *at any time* to prepare for exams:

1. **Get** hold of appropriate **textbooks early** and familiarise yourself with them. Try to do some preliminary reading.
2. **Make contact** with other students - they may wish to form useful study groups later on.
3. **Make sure you're acquainted** with the course program, lessons,, lab sessions - **what is or has been covered, and when?**
4. Think where your subjects fit in to your **overall course..** Maybe more work on that subject you find boring now will pay off much later on.
5. **Work through past papers.** You can access past exam papers from the library or your subject teachers.. If working through a whole paper seems a bit too daunting, it's a good idea to select some questions. Sit down to them, turning off the stereo and your mobile, and take the landline telephone off the hook. Time yourself and see how much you can accomplish within the allotted time.(Remember, this is also practice for writing for longer periods of time.) You might want to select questions that you have not covered during the semester, answer these, and give them to your teacher.. At the very least this will let the teacher know you are interested in the subject - and it will give you good practice.

Five important points to remember on exam day:

1. **Get there on time** - make arriving at the exam on time as simple and straightforward as possible so you feel relaxed.
2. **Take care of the technicalities** - budgeting time, bringing the right equipment, writing legibly, improving weaker answers before polishing good ones.
3. **Read the instructions.**
4. **Breathe deeply and don't panic.**
5. **Answer the question.** Establish what it asks for; then recall, select the relevant material, organise it, and formulate your answer.

Going blank in an exam: Here are two things you can do if you find that you have gone completely blank and you don't know what to do. The first thing you can do is approach it on a physical level and begin breathing very deeply. Just let your mind go blank, flow with it for a few minutes breathing in and out as deeply as you can. Close your eyes if you like and just come around gently once your body is feeling more relaxed. If you are just about to start writing on a certain question and your mind goes blank, just start writing anything at all on some scrap paper. Perhaps write the name of the topic, scribble down anything you can think of about the subject, and just see what happens. Hopefully this should jog your memory and get you thinking about the topic again. If it still does not work though, skip the question and come back to it later. Don't spend precious time agonising over something that will probably return to you as your mind is prompted by other material on the exam.

Strategies for multiple choice and short-answer questions: Survey the test to see how many different kinds of questions are being asked, to get a perspective on the exam.

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1. Check the marks allotted against the time available for each question, reading the instructions carefully.

2. Do not read elements into the question which are not there. Underline words and phrases so that you realise what is there.
3. Watch for absolute words or phrases, for example the words *not* or *no*, *always*, or *never*.
4. Do not assume that a proposition is false just because it is unfamiliar (and vice versa).
5. Check your answers. Make sure you know if a penalty is applied for guesses which are incorrect.
6. Remember that all of the questions should be related to the course you are doing. Think about the questions in terms of the course objectives and your understanding of what your lecturer was trying to achieve.

Strategies for short-answer and essay questions:

Handling the question: Check that you have identified the direction words, the content words which identify the precise topic of the question, and any limiting words such as: *always*, *since WW2*, *in Australia*. What assumptions are present in the question? What stance/point of view have you adopted?

Planning: Have you used individuality in planning your answer? Will the examiner be able to distinguish your exam *favourably* from all the exams in the class? Have you included *all* aspects of the question? Can the examiner identify your plan?

Paragraph structure: Are all your major ideas related to the question theme? Are they in proper sequence? Are there clear topic sentences?

Language and sentence structure: Check spelling, punctuation, capitals, consistency of names, and details. Check that no words have been left out. Check for clarity and precision. Consider the examiner's expectations in relation to the exam questions. Are you expected to present the data or accept it as given and focus on interpretation?

Logical connectives: Check that you have made your meaning clear by using:

- Signposting words or phrases such as: *first*, *next*, *finally*, etc.
- Repetition. *This distinction can be made even clearer by ...*
- Ideas, reworded and redirected. *Another difference, which relates more to x than y, is ...*

Question wording: In an exam, you may not do as well as possible if you do any of the following:

- write an answer for a slightly different question.
- don't think carefully enough about what the question is asking.
- give incomplete answers.(e.g. if you *describe* rather than *discuss*
-

Did You Know?



1. **History Week NSW (4th to 12th September):** History Week was initiated in 1997 by the NSW History Council as an annual celebration of history, historians and historical practice. History Week is an opportunity to showcase the rich, diverse history produced by organisations and individuals across NSW. The theme this year is "Faces in the Street".
2. **Landcare Week (6th to 12th September):** Landcare Week falls in the first week of September each year. Landcare Australia uses this time to promote landcare issues, groups and opportunities while raising awareness of these issues.
3. **International Literacy Day:** In 1956, the World Conference of Ministers on the Eradication of Illiteracy was held in Iran. It was recommended that the date of the inauguration of the Conference be proclaimed as International Literacy Day. In 1967 UNESCO began officially observing this day. The day is dedicated to efforts to combat illiteracy and providing education for all.
4. **Australian Citizenship Day (17th September):** This day provided the opportunity for all Australian citizens to celebrate and take pride in their citizenship and reflect on the values that unite us as Australian citizens. For further information visit www.citizenship.gov.au/citday.htm



BCS BILLBOARD

Dates are correct at time of publication. Please do not hesitate to contact the School Administration Office if you have any queries.

2010		
September	04	to 12 th History Week NSW
	05	Child Protection Week begins
	06	to 12 th Landcare Week
	08	International Literacy Day
	12	Year 11 Jindabyne Excursion till 17th
	13	P & C Assoc Inc. meeting 5:30pm
	16	School office closed from 3pm
	17	Australian Citizenship Day
	18	2010 Bike Challenge commences
	20	Newsletter published by email and on webpage
	22	Dracula Spectacula Musical (also 23 rd September);– Red Cross Save a Mate training Yrs 11 & 12
	23	Year 12 Graduation Assembly 10am
	23	Entries close at BCS for Bulahdelah Show School Pavilion Night – Art, Creative Writing
	24	Last day of Term 3
October	11	Staff and students return for Term 4 – there is NO student free day in term 4
	14	HSC examinations begin – to 10th November
November	05	Entries close at BCS for Bulahdelah Show School Pavilion Night Public Speaking Competition
	08	School Certificate examinations begin – to 12th November
	10	Bulahdelah Show School Pavilion Night
	15	All My Own Work begins
	19	Bulahdelah Show (& 20th)
	22	Work Experience Week
	29	Work Experience Week; Year 9 Canberra Excursion
December	15	Last day for students to attend in 2010

DO YOU HAVE PRIDE?

Under the Positive Behaviour Learning (PBL) Program Bulahdelah Central School has created the “buzz” word **PRIDE**. Students and staff are asked to implement the buzz word in their behaviours.

P		Participation We promote participation and school spirit in an environment that values the participation of students, staff and the wider community. Are you actively involved in the life of the school?
R		Respect We respect the rights of others, ourselves and the school in an environment of harmony and personal responsibility. Do you respect yourself, respect others and take responsibility for you own actions?
I		Innovation We initiate and continue to improve as individuals, teams and the school. Can you find a better, smarter or more creative way?
D		Determination We work towards quality, success and recognition in a persevering manner. Do you keep on working towards your goals?
E		Excellence We do our best to achieve excellence. Have you done your best?

