Welcome back everyone, and in particular our Year 7 students and new students to our school. We are very pleased you are joining our great school. At Marsden High School we are building fabulous young people, through engaging the hearts, minds and visions of our students through a global and enriching educational experience.

Success breeds success with a dab of passion!

99.4 Marsden’s top ATAR (Australian Tertiary Admissions Rank) for Year 12 2012. Patrick Phung is a passionate scientist and mathematician who worked very hard to gain this outstanding result. 2013 is looking just as good. I had the privilege of spending time with Patrick last week and his story is fascinating. He views his world through the eyes of a mathematician. According to Patrick, Sydney Uni is a building that has perfect symmetry, and he eats his noodle soup from the right, the same side one does equations. You have to approach maths problems with a ‘shifty’ approach, and enjoy the mental challenges. Patrick spoke at the Vietnamese festival last week on the stage with Julia Gillard, it was a highlight for him. While completing his HSC he travelled 1.5 hours each way to school, as his family moved in the January of his HSC, but Patrick wanted to continue to attend Marsden as he loved the teachers and his classmate. He used this travel time valuably toward his study, practicing his maths problems. Patrick starts at Sydney Uni, this year studying a very unique degree in “Mechatronics” Space Engineering (combination of electronics and mechanics), the only university in Australia who is researching in this area. We are very proud of Patrick.

Our current Year 12 students have begun their journey and we wish them the best in their HSC journey. Patrick will be sharing some of his secrets at our Year 11 information night next month. Year 11 make sure you are there!
Travel, Yong Zhao, global connections and High Tech High “Distance is Dead”!

I had the privilege to travel to the USA in the summer break to visit world class schools, talk with Educational leaders and visit ground breaking universities. This ‘awesome’ experience was part of my Northern Sydney Fellowship. I have many things to share with my teachers. While in Australia you were experiencing 46+ temperatures I was in very cool Detroit, California and Oregon. At one point the temperature in Detroit hit minus 17 degrees and school had to be cancelled. During the visit I had the privilege of interviewing Yong Zhao (See Picture taken at Oregon University Global Learning Centre), a leading educational thinker; UCLA x center; High Tech High in San Diego and the Oxford Community of schools in Michigan. Check out my blog for educational updates as I bring together the valuable educational thinking to enrich our student’s education. Also check out High Tech High and their digital portfolios. http://deniselopefs.com/
http://www.hightechhigh.org/schools/HTH/

“Life - it’s beyond dreams. Ignite the fire within to achieve the impossible”

Michael Crossland chooses Marsden to present. Michael Crossland is an extraordinary young man who has defied the odds of a life threatening cancer to build a life of exceptional achievements. An accomplished businessman and an elite sportsman, his life is a remarkable success. This week we have the privilege of Michael speaking at our SRC Blazer presentation assembly. http://www.michaelcrossland.com/

Wonderful, wonderful Marsden Community

I have agonized over how I am going to tell you all the next bit of news and decisions I have had to make recently. Some of you may already know. Many of you will know that Ulladulla on the south coast is my dear ancestral home, I have my family there and my family home and many of my lifelong ties.

I have been offered and have accepted the Principals position. Trust me, it was a decision that I tussled with. I am very sad to be leaving Marsden, as I have been enriched by the wonderful, wonderful community. It was a very difficult decision to decide to take up the position, as I have put my heart into working with the fantastic Marsden students, staff and wonderfully supportive families.

I believe that Marsden is on a great track and the new leader has a substantial base on which to continue to build our excellent school. I have comfort in the journey we have put in place. There are many great leaders at Marsden who have already shown their tenacity in leading great ideas around teaching and learning and meeting the needs of our students, they are primed to continue to build this great school.

I start at Ulladulla week 4, and a relieving Principal will be in place until the substantive Principal is chosen. I
look forward to seeing you all over the next week. We all have a few busy weeks to get things going for a great 2013, we will all handle this in the usual enthusiastic ‘Marsden Way’. See you all on the South Coast, as I plan to build substantial ties between our communities.

**Axel is NSW representative for Cricket.**

Every student at Marsden has opportunity to follow their passions and their interests. Congratulations to Axel Cahlin who has been selected in the NSW 15s Cricket team to travel to Perth in February. Axel is a student who excels across the school and takes his studies very seriously. Well done.

**This week at Marsden some of the many great things happening include…..**

- Presentations of SRC Blazers Assembly
- Michael Crossland speaks at Assembly
- Peer support for Year 7 (Help desk every recess) and end of program BBQ
- SRC Valentines Day rose project
- History Excursion to Justice and Police Museums
- Year 10 Visual Arts to Cockatoo Island
- Japanese Teachers visiting
- Year 7 Information Evening

And next week we look forward to…..

- Marsden welcomes our Sister school from Korea “ Hanol Middle School”
- Swimming Carnival
- Year 11 Information evening

**Have a great week! Remember, small steps to big change! Choose and build your future!**

Denise Lofts  
Principal  
Marsden High School

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**CONTACT US**  
MARSDEN HIGH SCHOOL  
Winbourne Street, West Ryde 2114  
P: 9874 6544  
F: 9858 1716  
E: marsden-h.school@det.nsw.edu.au  
www.marsden-h.schools.nsw.edu.au

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**Our next P&C meeting is on Tuesday 26th February in the Library at 7:30pm**
Calendar

February
16-28 Hanoi Sister School visit
21 Swimming Carnival
28 School Photos

Tour of Marsden High School with our Principal

School tours Mondays and Wednesdays 10 – 11am and Thursdays 4 – 5pm. Tours will commence Monday 11th February 2013.

Please contact the office to book in for our school tours on 9874 6544

Deputy Principal Report

A very warm welcome back to all of our students particularly our new year seven.

It is fantastic to see both staff and students looking healthy and relaxed after the vacation.

The standard of uniform is particularly pleasing. There are however some minor issues with shoes. We all want our young people to be as safe as possible which is why the school requires black leather school shoes with a hard sole. This provides maximum protection in practical subjects such as science and food technology. Please send a note if your child is unable to wear the correct uniform. As always please feel free to contact the school to discuss concerns you might have or information about your child that we should be aware of.

Year 7 students have made a good start to the new year impressing their teachers with their enthusiasm and good manners. The Peer Support Activities have assisted them in meeting new friends and learning about the school. Thanks to our year 11 peer support leaders for doing such a good job and also Ms Sharma, our year 7 adviser for her preparation in assisting year 7 in the busy first weeks of school. There was a parent information evening on Thursday 14 February at 6.00 in the school library. This gave family the opportunity to hear head teachers talk about each of the subjects.

Year 9 students have settled in well and have now begun their ROSA - Record of School Certificate course. It is essential that year 9 use their school diaries and other tools such as calendars or wall planners to keep track of assessment tasks to keep up-to-date. Students should complete daily study in addition to homework provided by their teachers. It is good to see Year 11 students looking so well dressed. Year 11 commence year 12 work in term 4 this year.

I have met with year 11 and provided them with their assessment booklet and a presentation outlining a number of clear strategies for them to maximize their final results. The most critical factor is attending school every day and attending each lesson punctually. Bringing the correct equipment and completing all work to the best of their ability are also core ingredients to success. You are warmly invited to the year 11 Information evening which will be held on Tuesday 19th June in the school hall at 7pm. Important information about the Higher School Certificate, assessment tasks, study skills and post school options- university, TAFE and work will be included.

All students are advised to log onto the study skills website to assist their time management and study skills. Marsden has subscribed to this site so it is available to all of our students free of charge. The site provided very practical information and will become a useful tool for your child in working towards their goals for 2013. Log in details are provided below.

www.studyskillshandbook.com.au
Username:marsdenhs
Password:181results

I wish you all a very happy New Year and look forward to seeing you at our P&C or parent information evenings.

Sue Vasilevska

Deputy Principal Report


Year 10 students must decide to put their energy into working hard in class, completing homework, assignments and taking responsibility for their own learning. High achievers of 2012 earned their fabulous ATARS by putting in a lot of effort over a long period of time during years 10, 11 & 12. There is no school certificate but at the end of
year 10 students may receive a record of achievement that can be used as part of a curriculum vitae. Students will receive their assessment booklet in the next two weeks and they should set up a calendar of when tasks are due.

A reminder to students that they must be at school on time otherwise they may incur an after school detention. Repeated wearing of incorrect uniform, without a note from parents, may also result in a detention.

At the first Year 12 meeting, students were informed that they are expected to go to the Library for their study periods and not spend time on the basketball court. Parents are asked to remind students that they also expect their student to use their school time wisely.

Once again, parents and carers are asked to ensure that we have the correct contact details for their child. If a child is sick, the school contacts the parents and if the information is incorrect then the sick child remains at school feeling miserable.

Margaret Paczkowski

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**Study Skills Tip**

Top 10 FAQs

Having run over 3000 study skills seminars over the last 10 years, Prue Salter of ELES (www.studyskillshandbook.com.au) has been asked a lot of questions about study skills.

Below are the top 10 questions parents ask.

1. Can you listen to music while studying?
   The general rule is that if students are doing work that is not difficult, it is OK to listen to music. It makes them feel relaxed, makes them feel like the time is going quicker. However if they are doing work that requires concentration or memorisation, it is best to switch the music off (or else have Baroque classical music playing!) as otherwise it will take them much longer to learn the information.

2. Should you type or handwrite study notes?
   If the exam will be handwritten, students are better to handwrite study notes. This creates muscle memory and helps student practice their handwriting skills. However many students prefer to type their study notes. If students choose to type, when they are learning their notes they need to read a section, see what they can write down without looking and check and see if they were correct. This will help them practise their handwriting skills while committing the information to memory.

3. How much work should students be doing each night?
   Different schools will have different rules but general guidelines are that junior students should be doing around 1 hour of schoolwork most night, seniors between 2-3 hours most nights.

4. What if students say they have no homework?
   In Primary school students learn to do the work their teacher tells them to do. Many do not realise things have changed in secondary school. There are two types of work in secondary school. The first is compulsory work such as homework, assignments, and preparing for tests. The second type of work is independent learning work. If students have no homework that night, they are expected to undertake independent learning. This could be reviewing what they have learnt that week, making a mind map, reading ahead, researching an area of interest, making study notes, reviewing difficult concepts.

5. What time should students go to bed?
   Although it varies, most students need at least 8 hours of sleep each night. Therefore work backwards, allow an hour or so for students to get ready for bed and fall asleep, then work backwards to the time they need to get up for school.

6. My student doesn’t seem to know how to study, what should they be doing?
   Sadly many students think that studying for a test just means reading their notes over and over. This is the slowest and most ineffective way of studying. Studying involves 3 steps. The first is make study notes or summaries on what they have been learning. The second is to learn the notes by testing themselves over and over on the information to be retained. The last step is to do as much practice as possible – the more different questions they can do, and preferably under time constraints, the better they will be prepared. Remember that we all learn in different ways so there is scope to allow students to use techniques that suit their individual learning style, such as recording notes to listen to.

7. How can students get more organised?
   The first step is to work out what area of organisation you want to target. Books, computer files, locker, diary, desk, folders…the list goes on. There is no point saying to a student ‘you need to
be more organised’. Instead, identify an area where there could be improvement. Then, with your student, work out specific strategies to implement to address this issue. Once this issue is under control, then move onto the next problem.

8. Is it OK for students to do work in front of the TV?

Unless they are doing something like sticking things on a poster or colouring in, it is best not to do work in front of the TV. Instead students should do schoolwork in half hour blocks in an environment that is as distraction-free as possible.

9. My student has to do work on the computer, but they get distracted, how do you manage this?

One option is to switch off or disconnect the Internet for two half hour blocks each night. Your student will have to do any necessary research prior to this time and then can focus without getting distracted by Facebook and other interests on the Internet. You can also look at self-blocking software such as Self Control (MAC) and Cold Turkey (PC). Some students find they have the self-discipline to manage technological distractions, others need a helping hand – such as their phone in a different room for the half hour period where they are focusing on schoolwork.

10. How can I get my student motivated to do their work?

There is no quick or easy fix for lack of motivation. There are quite a number of strategies to try, but they all take time and effort and persistence. Check the Developing Motivation unit to print a guide for parents on getting your student motivated.

Visit www.studyskillshandbook.com.au and click on the Questions link to see the questions students have asked (315 so far!) and the replies from Prue. It is interesting for both parents and students to see what other students have asked and perhaps it may be a question they also have.

Username: marsdenhs
Password: 181 results

An introduction to Marsden IEC

When New Year 7 students come to Marsden High, they often wonder about a particular group of students in the playground who can’t speak much English. These students in fact have a lot in common with Year 7 students because they are also new to the school and share much the same feelings of nervousness, uncertainty and excitement. They are all new arrivals in our country and as such need our help to learn English and get used to our school system.

At Marsden the help is provided by the Intensive English Centre (IEC) which also accepts new arrivals (mainly Years 7 to 11) from other local high schools for an intensive English language preparation course across key learning areas lasting about three terms. Three terms to teach someone a new language so that they can cope with the curriculum demands of a normal high school is a big task, but the combination of experienced teachers, motivated students and intensive teaching methods have proven to be highly successful at Marsden IEC.

The success of IEC students is also attributable to the fact that the IEC operates as an integral part of the school, even though IEC classes are completely separate from regular high school classes. As soon as they are enrolled, IEC students are immersed in the daily life of a typical Australian high school with recesses and lunchtimes providing highly productive open-air lessons in playground language, body language, inter-cultural awareness and successful communication strategies in general.

This learning process is, of course, a two-way street where all students at Marsden have a unique opportunity to not only help but learn from representatives of over fifteen different cultures on a daily basis. All that is needed is just a smile, no language required!

General information

Marsden IEC is part of a network of fifteen IECs located throughout the Sydney metropolitan area whose main role is to prepare migrant students from a non-English speaking background for high school studies in Australia. Although the focus of this preparation is obviously to improve students’ English language competence, the centre also provides bilingual welfare support in order to assist students to overcome social and cultural difficulties during the crucial period of transition to life in a new country. The bilingual support staff at Marsden IEC also provide interpreting and translating services in Mandarin, Cantonese, Korean and Persian to facilitate communication with all parents at Marsden HS. In addition, an IEC is the first point of contact for all newly arrived migrant students who require English language competency assessment and subsequent placement into their local high schools. Marsden IEC mainly places students into Marsden High School, Carlingford High School, Cumberland High School, Epping Boys School, Cumberland High School, Epping Boys...

For more information, please have a look at the Marsden IEC video posted on the Marsden High School website.

Mr Nhan Nguyen
Head Teacher IEC

Introducing Mr Aguilera to Science & PE Faculty

My name is Julian Aguilera and I have been teaching PDHPE for three years now and I enjoy my job working as an educator. I studied for four years at the Australian college of physical education and enjoyed every moment of my time while I was there. My hobbies include playing and watching a variety of sports, especially NRL and soccer, movies and heading to the beach when I can. I grew up in a very multicultural area in the Sydney south west and look forward to engaging with the community on a variety of levels this year at Marsden High School.

Library News

Hello Marsden students your Library is up and running and Mrs Knight and I (Ms Langelaar) are refreshed from the holidays and ready to help you!!

We have many, many new books on display and hitting the shelves shortly and all our competitions are about to start up again.

The 2013 Premier's Reading Challenge is the biggest of these and last year we had 2 students who received Platinum awards, which are the highest award before the medal!!

Please come and see me in the Library to register for the 2013 Premier's Reading Challenge.

In this newsletter I am putting out a call for LIBRARY MONITORS!!!

Come to the library and join in the fun by becoming a ‘Library Monitor’. Volunteering some of your time in the library brings you great rewards!! You will learn how the Library works and will have the responsibility of helping with the smooth running of the library.

Last year we went on an end of year excursion to Macquarie University to see the brand new automated library. This year library monitors will do a similar excursion to another state of the art library.

If you would like to become a library monitor drop into the library at recess or lunch and pick up an application form.

Also we would love to hear from any Parents who would like to volunteer to help out in the library!

If you feel this is for you pleas call me on the school number.

Mrs Knight and I look forward to seeing everyone in the Library during 2013.

Mrs Langelaar Teacher Librarian

School Vaccinations Program 2013

Vaccination clinics for students in Years 7 and 9 will be held on the following dates at Marsden High School.

Wednesday 20 March 2013
HPV (dose 1) All Year 7 and Year 9 boys
Hepatitis B (dose1) All Year 7

Friday 7 June 2013
HPV (dose 2) All Year 7 and Year 9 boys
VZV (Chicken Pox) Year 7 only

Wednesday 7 August 2013
dTpa (Boostrix) Year 7 only
Thursday 7 November 2013
HPV (dose 3) All Year 7 and Year 9 boys
Hepatitis B (dose 2) Year 7 only

The booklets for immunisation will be handed out to Year 7 and Year 9 during class time over the next couple of days. If you have any question please contact Amanda Train at school on 9874 6544.

Sport Report

This year promises to be an exciting one for sport at Marsden High School. Once again we will be continuing with our house sport competition for Years 7, 8 & 9. Students in Year 10 and any other students who are part of the newly formed ‘Talented Sports Program’ will be competing in the Northern Suburbs Grade Sport competition each Tuesday afternoon. The Talented Sports Program endeavours to enhance the sporting and athletic ability of our students through training programs that will include specialised coaching. Applications are still open for any student who would like to join, please see Mr King in the PE staffroom for an application form.

Grade Sport Round 1:
An excellent start to the season for our Marsden grade sport teams in Round 1 against Balmain HS. Results and MVPs were as follows;
*Opens Girls touch football: Won 5-0
  MVP: Casey Cahlin
*Opens Boys touch football: Won 20-0
  MVP: Geffrey Marshall
*Opens Mixed volleyball: Won 2-1
  MVP: Pat McGregor and Kirsten Mann
*15s Boys touch football: Won 12-0
  MVP: Abdalla Matar

Congratulations to all our teams and best of luck next week against Leichhardt HS and for the upcoming season.

A. Lustica
School photos are fast approaching and will be held on **Thursday 28th Feb**

All students will be photographed on the day in both their **year groups and individual portrait shots**.

Naturally we want to include **all of our students** in the annual year photos of our student population but to do this they must be wearing **full school uniform** on the day, including **black shoes** and the **school tie**.

- Please make sure your **tie** is available. Uniform shop is open Wednesday 8.30 - 9.30am and Thursday 8.30 - 9.30am

**Extras for Year 12 students:**

- Each year 12 student **must** provide a recent portrait **ID photograph** to be able to complete their HSC examinations.
- These photographs will be provided free of charge when the final paperwork is completed.

Both an **information flyer and envelopes** listing the costs and choices of the different photo packages will be arriving soon. (see opposite) They will detail the options available such as:
  - Group presentation
  - Photobook only
  - Basic Photobook pack
  - Regular Photobook pack
  - Ultimate Photobook pack

- Sibling photos will take place on the following Thursday 7th March.
- A separate envelope will be needed.
- See Mr. Simaitis in the art staffroom for one of these.

Exact cash, cheque or money order will be acceptable, **and each student must have their own envelope**.

Credit card facilities are also provided on the payment envelope for parents' convenience.

Further enquiries can also be directed to advancedlife photography via enquiries@advancedlife.com.au or to my email address.

Mr. Jim Simaitis
Photography Coordinator
Jim.simaitis@det.edu.nsw
INTERNATIONAL STUDENTS REPORT

This year we have 67 International Students at Marsden High School. They are predominantly from China, Korea, Vietnam and Thailand. Our only student from Japan, Yutaka Tsumura, is in Year 12 this year.

There are 5 STAFF MEMBERS who look after the International Students.

Ms Fiona FABBI looks after all the new enrolments.

Ms Sharron WALDEN deals with all the changes and paperwork involved once the students have been enrolled at school.
Mr Lincoln JIANG is an International Student studying Actuarial Studies at Macquarie University. His role is to support and mentor the students and he is at school on FRIDAYS only.

Ms Joo Yoon LEE is a Language Teacher and looks after the International Students who are in Years 7, 9 and 11.
Ms Eva McNAUGHTON is a Mathematics Teacher and supports the Year 8, 10 and 12 Students.

Many of our Year 12 International Students had outstanding results last year. Ryan Jang earned an ATAR of 96.05 and will be receiving an Academic Award on 28 February 2013 at Government House. International Students who do well and go onto Tertiary Education have an advantage as they can speak at least 2 languages fluently before they start their University or TAFE courses.

We wish all our present and past International Students well in 2013.
Eva McNaughton and Joo Yoon Lee
Join ChessNuts
Your first lesson is free!

ChessNuts is a club where children can:
✓ learn to play chess
✓ understand more advanced chess strategies and tactics
✓ analyse & solve problems
✓ experiment with new ideas & be creative
✓ build mental stamina
✓ focus & practice decision-making
✓ enjoy friendly and respectful competition
✓ learn time management skills
✓ prepare to compete in tournaments

Come along to a session and have fun with chess:
www.chessnutsaustralia.com

ChessNuts Club

ChessNuts operates through the school terms. Each lesson runs for 90 mins and includes:
✓ 40 mins workshop including direct instruction and practice
✓ 40 mins supervised play with individual advice and hints
✓ 10 mins on chess beyond the board. Eg. History of the chess world, chess on the web etc.

For more info about ChessNuts:
www.chessnutsaustralia.com
Phone Konrad Zielinski on: 0432 740 504
Email: chessnutsaustralia@gmail.com

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<tr>
<th>Club</th>
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<td>Monday</td>
<td>4:15 - 5:45</td>
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<tr>
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<td>Tuesday</td>
<td>4:15 - 5:45</td>
<td>Kuring-ga Town Hall, 113a Pacific Highway</td>
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<tr>
<td>West Ryde</td>
<td>Wednesday</td>
<td>5:15 - 6:45</td>
<td>Ryde Eastwood Leagues Club, 117 Ryde Rd West Ryde</td>
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<td>Epping</td>
<td>Thursday</td>
<td>5:45 - 7:15</td>
<td>Epping Leisure and Learning Centre, 1 Chambers Court</td>
</tr>
<tr>
<td>Castle Hill</td>
<td>Friday</td>
<td>5:45 - 7:15</td>
<td>Community Centre Castle Grand, West Ryde Room</td>
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www.chessnutsaustralia.com

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YoungLife Ryde Presents...

Trivia Night fundraiser...
Heroes & Superheroes Theme Night

Saturday 16 February 2013
Time: 7:00pm - 10:00pm
Cost: $15, $10 Concession
Location: West Ryde Anglican Church, Car Dickson & Bellevue Avenues
B.Y.O. Supper & Drinks

Points and prizes for best decorated table and costumes!

Tables will compete for the BIG prize!

Balloon prizes (lucky dip) available for purchase.

contact Brooke Filopozi for more information:
0450 667 012
brooke@younglife.org.au
SUGGESTED UNITS FOR www.studyskillshandbook.com.au

I am sometimes asked if there is a specific program to follow for the Study Skills Handbook site. The problem is, every school takes a different approach and has different constraints:

- Will you use the site formally at school with just one year group, or two year groups, or every year group? Some schools just focus on one or two year groups at school and allow the rest of the school to access the site at home as needed. Other schools allocate units across all the year groups.

- How much time do you have to dedicate to study skills at school? You may need to focus on the topics that are most important for your specific students.

- Do you have an existing pastoral program where you already cover certain topics at certain times? For example, if you are covering Bullying at some stage, you may choose to do the SSH unit on Bullying during that time to supplement your current program.

**Given these constraints, following are my thoughts on allocating specific units to year groups.**

**Notes:**

- Every student will work at different speeds.

- This will also change depending on whether you also have students do the worksheets for each unit. The worksheets will make students go through the units very thoroughly, but will also slow them down.

- I suggest you have a list of the units you want students to do and in what order. In addition, you should also have a list of ‘wildcard’ units for the speedy students to work through if they finish the allocated units. You may like to keep all of the units in the SPECIFIC SKILLS section as wildcard units (or these can be allocated to faculties to complete with students).

- Remember that if students are doing the quizzes and modules for each unit, you can look up (using the admin password) which units they have completed. They can also show you using their tracking system details.

The suggestions below are for a Years 7-12 school. If you are targeting particular year groups you will need to adapt these ideas. As you read through you’ll start to realise ‘which unit to do when’ is a matter of personal choice based on your knowledge of your students, their needs and your own thoughts and opinions.

**YEAR 7**

There are a number of key units that I think need to be done first regardless of whether students are in Year 7 or Year 11. Study skills is not really about what age or year level students are, it is about building layers of skills and knowledge. The units I think should be first priority when learning about study skills are:

- Home1: Home Study Environment
- Home2: Organisation and Filing
- Home3: Time Management Skills
- Home4: Managing Workload
- Exams1: Summarising
- Exams2: Active Studying
There is also a unit that targets the first year of high school:
- Extras1: Starting Secondary School
You could use some of the units listed for Years 8 and 9 below as wildcard units – or use the ‘Specific Skills’ units as wildcard units.

YEARS 8 and 9
There doesn’t really need to be much differentiation between the units for Years 8 and 9, they could be done in either year. If students did not do the units listed for Year 7 (i.e. the first layer of study skills), they should do these first. Then you could add on units like:
- Home 5: Dealing with Distractions
- Home 8: Goal Setting
- Home 9: Lifestyle and Balance (although some like to do this in Year 11)
- School1: Will we ever use this
- School2: Classroom Skills
- School3: Asking for Help
- School4: Dealing with Conflict
- School 5: Groupwork Skills
- Extras3: Bullying Issues and Strategies
You could also keep some of these as ‘wildcard’ units for the speedier students to do if needed.

YEAR 10
If students haven’t done the units for Year 7 they should do these first. Then you could choose from the units allocated to Years 8 and 9 if you want the students to do any of these units. Motivation and procrastination start to become bigger issues in Year 10, so some other units recommended for Year 10 are:
- Home6: Overcoming Procrastination
- Home7: Developing Motivation
Exams also start to become more important in Year 10, so other units to do are:
- Exams 4: Test-taking Techniques
- Exams 5: After Tests and Exams
A good wildcard unit for year 10 is:
- Managing Part-time Jobs

YEAR 11
I think Year 11 students should go back and revisit the units first covered in Year 7: Home Study Environment, Organisation and Filing, Time Management Skills, Managing Workload, Summarising, Active Studying. These units are essential for good study skills and they will experience the content in a different way as a Year 11 student from how they did as a Year 7 student – plus 5 years is a long time to remember everything!

If they also didn’t do the Years 8-10 units I would add in Dealing with Distractions, Overcoming Procrastination, Developing Motivation, Goal Setting, Lifestyle and Balance, Test-Taking Techniques, After Tests and Exams.

In addition to these students in Year 11 should do:
- Exams3: Preparing for Exam Blocks
- Extras2: Becoming a Senior Student
YEAR 12
Realistically Year 12 won’t have much time to do study skills at school. The unit on Managing Stress is however a good one for Year 12 to do.
- Home10: Managing Stress

I also think students in Year 12 should be encouraged to work through the personal development unit:
- Extras6: Live Your Best Life
This particular unit could be done at any time, but I think students benefit from having a bit of maturity to grasp the ideas and concepts. It’s particularly relevant as students start to approach adulthood.

You should also mention to students that there is a unit to do before they head off to university, it looks at the study skills students will need for uni:
- Uni: Lecture Note-Making

WILDCARD UNITS
All of the following units can be allocated to any year level or kept as wildcard units. The Your Brain and Memory unit is a fabulous unit that can be done at any time and should be allocated to one of the year levels. When you assign the technology units will depend on the specific technology use in your school.

<table>
<thead>
<tr>
<th>Specific Skills</th>
<th>Technology Units</th>
<th>Extras</th>
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</thead>
<tbody>
<tr>
<td>1. Reading Skills</td>
<td>1. Technology Tools</td>
<td>Your Brain and Memory</td>
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<tr>
<td>2. Writing Skills</td>
<td>2. Basic Computer Skills</td>
<td>Educational Kinesiology</td>
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<tr>
<td>4. Language Skills</td>
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<tr>
<td>5. Research Skills</td>
<td>+ Useful Apps for School</td>
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<tr>
<td>6. Presentation Skills</td>
<td>+ Microsoft OneNote</td>
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<tr>
<td>7. Science Skills</td>
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### TOPICS TRACKER FOR www.studyskillshandbook.com.au

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<thead>
<tr>
<th>YEAR LEVEL</th>
<th>7</th>
<th>8 &amp; 9</th>
<th>10</th>
<th>11</th>
<th>12</th>
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<td>1. Home Study Environment</td>
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<td>2. Organisation and Filing</td>
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<td>3. Time Management Skills</td>
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<td>4. Managing Workload</td>
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<td>5. Dealing with Distractions</td>
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<td>6. Overcoming Procrastination</td>
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<td>7. Developing Motivation</td>
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<td>8. Goal Setting</td>
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<td>9. Lifestyle and Balance</td>
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<td>10. Managing Stress</td>
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<td>at school</td>
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<td>1. Will we ever use this?</td>
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<td>4. Dealing with Conflict</td>
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<td>5. Groupwork Skills</td>
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<td>3. Mathematical Skills</td>
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<td>4. Language Skills</td>
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<td>5. Research Skills</td>
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<tr>
<td>6. Presentation Skills</td>
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<td>7. Science Skills</td>
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<td>1. Summarising</td>
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<td>2. Active Studying</td>
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<td>4. Test-taking Techniques</td>
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<td>5. After Test and Exams</td>
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<td>1. Starting Secondary School</td>
<td>✓</td>
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<td>2. Becoming a Senior Student</td>
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<td>3. Bullying: Issues and Strategies</td>
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<td>4. Managing Part-Time Jobs</td>
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<td>5. Your Brain and Memory</td>
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<td>6. Live Your Best Life</td>
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<td>1. Technology Tools</td>
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<td>2. Basic Computer Skills</td>
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<td>3. Be CyberSmart</td>
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To discuss further, call Prue on 0416 293 087 or email info@enhanced-learning.net
Dear parent,

Does your child love music? Do they learn a string instrument? Have they ever wanted to join an orchestra?

If you answered yes to these questions then they might be interested in joining the Junior String Ensemble of the Ryde Hunters Hill Symphony Orchestra.

After a very successful first year, the orchestra will be commencing a Junior String Ensemble for children who have reached Grade 4 AMEB or higher and are aged up to 15.

The group will rehearse on Tuesday afternoons during the school term (5pm – 6pm at the Coxs Road Community Hall) and it is anticipated that the Junior Ensemble will perform at two concerts during the year.

Rehearsals will be lead by Kirsten Williams who is the Associate Concertmaster with the Sydney Symphony Orchestra and has regularly worked with the Sydney Youth Orchestra.

Kirsten began her own violin career at the age of 4 and has taught at Cranbrook, The Kings School, Barker College and Abbotsleigh School. She is passionate about introducing young people to the joys of music.

It is anticipated that the cost of rehearsals will be $35.00 per week. This amount will be reduced for families with more than one child in the ensemble. Discounts will also apply to students who pay for the year rather than by the term.

Students wishing to join the ensemble will need to attend an audition. If you would like to audition for the Junior String Ensemble, please go to http://www.rhhso.org.au/auditions/

The opportunity to receive tuition from a performer of the calibre of Kirsten Williams is rare with the ensemble promising to be a rewarding experience for students who will gain expert tuition, performance experience and the opportunity to make new friends.

Please contact Linda Smith on 0402 320120 if you would like further information or email info@rhhso.org.au

Portal Address: P.O. Box 5564 North Ryde 2113
ABN: 76 552 462 084
Email: info@rhhso.org.au
Website: www.rhhso.org.au
**Parenting Programs**

Child & Adolescent Parenting

**WHAT’S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS**

**Communicating with Teens Course**
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
- Understanding teenagers today
- Assertiveness skills
- Problem ownership
- Problem solving
- Listening skills
- Peer group pressure & self-esteem issues

Chatswood 5 wks/2.5hrs (13/3 - 10/4, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
- Learn how to restore a respectful & positive relationship with your teenager
- Understand what it is like being a teenager today
- Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (6/3, 7.00-9.30pm)

**Tuning in to Kids Course** - Chatswood (25/2-25/3)

**Triple P (Positive Parenting Program) Course** - Chatswood (14/2-7/3)

**Communicating with Kids Course** - Chatswood (5/3-9/4)

**WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830**
- Dealing with Teen’s Back Chat
- Resilient Kids
- Transition to High School
- Bullying Workshop
- Triple P Seminar Series (Teens)

**OTHER WORKSHOPS ON REQUEST (2-2.5 hours)**
- Understanding Your Toddler/Discipline & Tantrums
- Tucker without Tantrums/Toilet Training
- Speech & Language Development/Sleep
- Older Sibling - New Baby
- Transition to School
- Grand Parenting
- Triple P (PP) Seminar Series (1-12 years)

Enquiries: Child & Adolescent Parenting 9887 5830
Youth Mentoring Training

Raise Foundation, in conjunction with TAFE Outreach NSW, secondary schools and community organisations, is conducting a free training course in mentoring young people in the community. Raise improves the lives of young people facing profound challenges through our Ismo program in high schools, our Bump program for young mums, and the Connections program at TAFE.

This mentor training course will be conducted at various TAFE Colleges and locations, one day per week for four weeks, as per the list below. Practical sessions linking mentors to young people will follow on various days at TAFE, high schools and community locations for the remainder of the 2013 school year, across the Sydney metropolitan area. We are also commencing programs in Melbourne in 2013, and running four days of training in February.

You might be retired, retrained, parenting at home, studying, working part-time, or an interested community volunteer of any age – other mentors are between 25 and 82! You don’t have to be a teacher or an expert to be a mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community. You need a few hours a week, a positive outlook and a genuinely compassionate interest in young people.

Interested?

Training commences:

Monday 25 February 2013, 10am until 2pm, for four Mondays
Northern Beaches TAFE College, 154 Old Pittwater Rd, Brookvale

OR

Tuesday 26 February 2013, 5.30pm until 8.30pm, for four Tuesdays
Crows Nest TAFE College, West St, Crows Nest

OR

Friday 1 March 2013, 10am until 2pm, for four Fridays
Glen Mervyn House, 24 Coogee Bay Road, Randwick

email info@raise.org.au  phone 0426-9-RAISE  visit www.raise.org.au
Bringing Up Great Kids
A parenting program for building good relationships with children
(3-18 years)

Length
2 hours each Tuesday for 6 weeks

Dates
Tuesday 12th, 19th, 26th February
Tuesday 12th, 19th, 26th March

Time
9.45am for a 10am start
and finishing at 12noon

Where
Telopea Family Support
16 Shorland St, Telopea

Cost
FREE

FREE Childcare available
- enquire at time of booking

All parents want to raise confident and happy children. It takes time and a lot of understanding
to build strong and positive relationships with your children.

“Bringing Up Great Kids” is a fun parenting pro-
gram that focuses on how parents communicate
with their children.

It offers easy opportunities for parents to learn
about how children understand and use messages
from their parents in their development.

Places are limited, so bookings essential
To book, return the slip below.

For enquiries, call
Loretta or Katie on 9638 7955

---------------------------------------------------------------------

PLEASE CUT OFF AND RETURN TO ENSURE A PLACE

NAME(S):

ADDRESS: ___________________________________________________________

TELEPHONE: ___________________________ MOBILE: ___________________________

Please tick the appropriate boxes

☐ YES, I would like to attend the “Bringing Up Great Kids” parenting group in Term 1 2013

☐ I would like childcare during the group
   - For how many children? __________
   - What are their ages? __________

☐ I do not require childcare during the group (childcare MUST BE booked on registration)
REACH FOR THE STARS ENTERTAINMENT

CLASSES IN
* Tap
* Breakdance
* Boys Classes
* Keyboard
* Ballet
* Contemporary
* Adult Classes
* Guitar
* Jazz
* Mime
* Drama
* Hip Hop
* Tiny Tots
* Singing

Fitted Out Studios  Quality Teachers  Fun & Encouraging Environment

CALL US TODAY!  Ph: 0410 759 425  Email: reachforthestarsentertainment@gmail.com

www.reachforthestarsentertainment.com  www.facebook.com/ReachForTheStarsEntertainment

Level 3, G3 Conference Centre, Curlewis & Silverwater Rd, Silverwater