From the Principal

Does your child eat breakfast?

Anecdotal evidence suggests that some students at Marsden High School skip breakfast. Some students, especially in the first few periods, struggle to focus on classwork and participate effectively. On the mornings we have breakfast prepared by our church youth services on the campus, many students stop by for a munch! The old saying that breakfast is the most important meal of the day is true! Here are 5 reasons why:

1. Food equals energy. Bodies struggle to run on empty especially in young people who are excellent energy burners. Active listening, participation and productivity in the classroom are compromised by low energy levels.

2. Breakfast gives young bodies nutrition and substance. Breakfast is the meal after dinner with a whole night’s sleep in between. Their bodies need nourishing and without eating breakfast we will not be able to produce energy needed for the day.

3. Classrooms are places requiring intense concentration and participation in order to get the best learning outcomes. Students who have eaten breakfast tend to be much better at concentrating at the task at hand. Students think a lot in the course of one school day. That’s something to think about!

4. Hunger can cause mood swings and irritability. So can running on empty. This affects focus and consistent application. Students who eat breakfast tend to be much less irritable than those who do not. They tend to be in a better mood. This makes classrooms a more productive and pleasant place to be.

5. Breakfast can be an opportunity to spend some time with other members of the family. Turn off the TV. Sit down at the table and enjoy a meal together. What better way to set an example than by eating breakfast with your children?

Did you know? Our school canteen offers a range of foods at the start of the day before school starts. This means an ‘emergency breakfast’ can be had at school!

Mr Gus Vrolyk

Our next P&C meeting is on Tuesday 27th May in the Library at 7:30pm

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

School holiday dates:

Term 2
Students start Tue 29 Apr
Last day of term Fri 27 Jun

Term 3
Students start Tue 15 Jul
Last day of term Fri 19 Sep

Term 4
Students start Tue 7 Oct
Last day of term Wed 17 Dec
Year 12
Year 12 students should now have all their **half yearly exam results**. This is an important time for reflection. Teachers have reported that a number of students have already been to see them to discuss how they can do better in the Trial exams – this is music to my ears! **Students should be asking the following questions of themselves:**

Did I spend enough time preparing for the exams?
Were my summary notes as detailed as they needed to be?
Did I use a variety of note taking techniques eg mind maps?
Did I understand what the questions were asking?
Did I answer the questions properly?
Did I use the terminology from the syllabus in my answers?
Did I allow enough time for each question?
Have I spoken to my teachers about where I could have improved my results?
How can I do better next time?
Did I do my personal best?
What do I need to do now?

The **Year 12 Parent Teacher** night will be on **Wednesday 4th June in the school hall**. It is important that students and parents/guardians attend this evening to discuss each student’s progress and take advantage of the wisdom of our very experienced HSC teachers.

Year 11

**Half yearly exams begin on Friday 16th May**, so your questions are….

Am I dedicating enough time to exam preparation at this stage?
Am I spending too much time on social media?
Are all my class notes up to date?
Are my summary notes as detailed as they needed to be?
Am I using a variety of note taking techniques eg mind maps?
Am I familiar with the syllabus and the terminology used in the syllabus?
Have I checked with my teachers about what format the exam will take?
Have I asked my teachers what topics will be examined?
Have I calculated in advance how much time I will allocate to each question?
Am I aware of the exam timetable and have I allocated my study time accordingly?
Is there anything I don’t understand that I need to ask my teacher?
Have I read the exam rules?
Do I have all my resources ready for the exams – pens, calculators, rulers etc?

Year 11 and Year 12 if you can answer all these questions positively then you have made me a very happy DP!

Mrs Sheryn Symons
Deputy Principal

**Uniform Shop**
Size 16 & 18 Boys short sleeve shirts are now available from the Uniform Shop

**Enrolments Year 7 2015** – Places are limited

**Gifted and Talented interviews** will be held 13th May – 16th May 2014 from 3.30pm – 5pm & 20th May – 23rd May 2014 from 3.30pm – 5pm
Robotics
The Marsden Robotics Club is up and running. We are well on the way to creating our very first robot. The mechanical team are very focused on the task and are having a great time tinkering with all the new equipment. The software guys are making the most of the expert tuition of Daniel Inglis from the Macquarie University, who is a knowledgeable mentor and guide. We really appreciate his time.

We meet every Wednesday after school and all are welcome to join us.

We’re inviting Year 11 students to start their University degree now!
Logos for Schools allows your students to complete two university units in philosophy and ethics before they have even sat the HSC. Students who successfully complete the two units of the programme will be eligible to apply for advanced standing for two of the core curriculum units in any undergraduate degree at The University of Notre Dame Australia.

Please submit your applications by Friday 30 May. Please see Fiona Hart for more info

Find out how you can take your study beyond the traditional at Macquarie University.
Business and Economics Information Evening – Wed 14 May 6pm – 8pm
Macquarie Law School Information Evening – Wed 21 May 6pm – 8pm
Health Professions Information Evening – Tues 3 June 6pm – 8pm
Parent Information Evening – Wed 25 June 6pm – 8pm
Open Day – Sat 13 September 10am – 4pm
Uni in a Day – Thurs 2 October 9am – 3pm
Register and find out more

mq.edu.au/futurestudentevents
FBI History Tour April 2014
Twenty-three students were very fortunate to attend a 15 day History tour of France, Belgium and Italy during the April school holidays. Highlights of the tour can be seen in the photo essay below. Ms Fevzi and Mr van der Heide would like to thank all the students, their families and the accompanying staff for their mammoth efforts.

Sunday 13th April: The Left Bank, Paris

Monday 14th April: We found the Eiffel Tower!

Tuesday 15th April: Victoria School in Villers-Bretonneux, France

Tuesday 15th April: Finding Jack’s great-uncle Ubert Willis’ grave in the Querrieu British Cemetery, France

Tuesday 15th April: Walking through World War I trenches in the Somme Valley, France

Wednesday 16th April: Menin Gate, Ieper, Belgium
Thursday 17th April: We love gelato at Vico Equense, Italy

Friday 18th April: “Will this be in the exam, Miss?”
Herulaneum

Friday 18th April: We’ve just climbed Mt Vesuvius

Friday 18th April: We love shopping in Sorrento

Saturday 19th April: “The Beatles” in Pompeii
Saturday 19\textsuperscript{th} April: In Pompeii with Dr Estelle Lazer

Saturday 19\textsuperscript{th} April: Gladiatorial match, anyone? Amphitheatre, Pompeii

Sunday 20\textsuperscript{th} April: Playing “statues” in the Naples Archaeological Museum

Sunday 20\textsuperscript{th} April: We love real Italian pizza!

Sunday 20\textsuperscript{th} April: We made it to the Colosseum, Rome

Monday 21\textsuperscript{st} April: We made it to the Colosseum, Rome
Monday 21st April: Gladiator School

Monday 21st April: Who says girls can't be gladiators?

Monday 21st April: Connor thinks he's a gladiator

Monday 21st April: Ready, aim, fire!

Monday 21st April: Gladiator Kim, defeats Gladiator van der Heide

Wednesday 23rd April: In beautiful Venice
Latest News on Bridge to Employment

On Friday 4th April, 2014, Bridge to Employment students participated in their first activity at Johnson & Johnson head office in North Ryde.

The students had an exciting day, starting off with a tour of the Johnson & Johnson building including the warehouse facilities where they learnt how a warehouse operates.

Then on to the stock room where they were given insight into the different products such as artificial knees and hips, how they reach the surgeon and how the surgeon uses these items.

This was followed by a visit from Ken Marslew, CEO of Enough is Enough who delivered a resilience building workshop where he shared his personal story on the tragic loss of his son and how he moved out of the victim space in to that of a survivor, and then a thriver.

And finally, the students finished off the day with a fun activity with their mentors where they were able to be creative - designing resumes for famous people including the Queen, Arnold Schwarzenegger and Homer Simpson!

UPCOMING ACTIVITIES

Wednesday 14th May - Visit to Macquarie University including Study Skill Workshops and tour of Macquarie University Hospital

Thursday 12th June - Mentors will be visiting the students at school and will be bringing guests from Washington, USA.
Community News
SewerFix work in Marsden Road, Ermington. Sydney Water plans to repair a section of a large wastewater pipe. As part of this work repairs will be done on a maintenance hole located in the driveway of the BP service station and McDonald’s site at the corner of Victoria and Marsden Roads. Repairs to be carried out from mid May 2014 and finished by late June 2014. Work hours will be from Monday to Friday between 7am and 6pm. To know more, please call Metrocorp Technologies’ Community Relations Officer, Nicola Wallace on 9540 3455 or 0439 961 061 or Bevan Jahnke on 0420 787 178

Calendar

May
13-15 NAPLAN
14 Yr 10 excursions
16-23 Yr 11 half yearly exams
23-30 Yr 9 & 10 half yearly exams
21 Zone Cross Country
27 P&C Meeting
28 Athletics Carnival
30 YES Summit Macquarie Uni

June
4 Science Comp
Parent Teacher Night Yr 7 & 12 (4pm – 6pm)
6 Yr 11 WHS – Whitecard
11 Yr 12 Work Studies – Matthew Talbot Hostel
11-13 Year 9 Camp
Regional Cross Country
12 Yr 12 Chinese Background study day – Ultimo
Sydney North regional Cross Country Carnival
12-20 Outdoor Rec Camp Lithgow
16 14 boys Indoor Soccer
18 Zone Athletics
Yr 12 Chemistry Excursion to UWS
19 Open Boys Indoor Soccer
English – Young Aust Shakespeare Workshop Yrs 9 & 10
20 Yr 10 Optus Digital Citizenship workshop
16 Boys Indoor Soccer
24 P&C Meeting

July
15 Western Sydney Wanders Cup
16 – 18 Yr 11 Crossroads
16 Yr 12 Physics Excursion
18 CHS Cross Country
21 – 22 Sydney North Regional Athletics Carnival
23 Parent Teacher Night Yrs 8, 9, 10 & 11 4pm – 6.30pm
28-30 Ski Trip Thredbo
29 P&C Meeting
Is your child struggling with homework, finding it difficult to complete assessments?

If your answer is YES

Marsden is offering a homework support centre, your child is welcome any morning from 8am in the school Library.
6 and 7 August
Rose Hill Gardens
Sydney
BOOK ONLINE

Australia’s Largest Learning Difficulties Event

Choose from 30 one hour PD seminars
... over two days ... under one roof!

Free entry to exhibition hall, free workshops within the exhibition hall, free stress balls, free parking, free interactive & accessibility technology!

Dip into seminars.....overseas speakers... research... universities....explore the exhibition hall with loads of resources ..... links to vital charities ... and more!

An event for anyone in need of help with Learning Difficulties

www.learningdifferenceconvention.com

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[Logo of Australian Dyslexia Association]