Quote of the Week:

Honour your mother and father.
The 5th Commandment

Week 5: Getting Ready for Exams

As exams approach all of Year 7 will start to receive information from their teachers about how to study for and prepare for their first exams. Mr Choi spoke at our recent assembly about Study Skills and in Tutor the Year 7s have gone through a range of exercises aimed at helping them to study effectively. I wish them all well in the coming week and know that the Teachers and Tutors of Year 7 will help them make the most of their first exams.

Ten Tips - Studying

1. **Establish a routine** Set aside a particular time each day for study and revision and stick to it.
2. **Create a study environment** This should be away from interruptions and household noise, such as the television. Ensure there is adequate lighting and ventilation, a comfortable chair and appropriate desk.
3. **Set a timetable** With a timetable you can plan to cover all your subjects in an organised way, allotting the appropriate time for each without becoming overwhelmed.
4. **Look after yourself** Drink plenty of fluids, especially water, and eat healthy foods. Keep sugary foods to a minimum. Make sure you get enough sleep each night. Regular physical exercise makes you feel great, boosts your energy and helps you relax.
5. **Reward yourself for studying** Watch your favourite television program, spend time with your friends, walk to the park and play sport throughout the week.
6. **Have variety in your study program** Study different subjects each day and do different types of work and revision in each study session.
7. **Avoid interrupting your concentration** Have all the appropriate materials with you before you start a session of study to minimise distractions.
8. **Test yourself on what you have studied** Ask your parents or family members to quiz you on what you have learnt, use draft questions from books, past assessments or major exam papers.
9. **Don't panic at exam time** If you have followed a study routine and have been revising your class work, there should be no need to worry. Try to keep yourself calm, positive and confident.
10. **Ask your teachers for guidance** Especially if you're having trouble - whether it's grasping a new concept or understanding something you learnt earlier in the year. They will be happy to help.

**Birthdays Week 4, Richard Pattinson!**
Have a great day…..
Our Year 7 music students make Justin Bieber sound like fingernails down a blackboard. A new wave of music superstars are learning new skills in year their 7 Music Classes. The Music departments brand new Mac Lab is a wonderful new resource for Music Students. Just look at how much fun these Year 7s had in Ms Peterson’s class.