



The

Figtree

THE JOURNAL OF HUNTERS HILL HIGH SCHOOL

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August 2013

DATES TO REMEMBER

17 August P&C Working Bee	8 October Term 4 Resumes – Staff and Students Return
19 August P & C Meeting	14 October – 6 November HSC Examinations
27 August Special Assembly - Leadership	21 October P & C Meeting
28 August CAPA – MADD Night	28 October – 1 November Years 7 & 8 Assessment Week
4 September Variety Night	4 November – 8 November Year 9 Assessment Week
6 September Legacy Day	11 November Top of the Hill
12 – 19 September Year 11 Yearly Exams	13 November Top of the Hill
14 September P & C Working Bee	14 – 19 November Year 10 Exams
16 September P & C Meeting	18 November P & C Meeting
20 September Year 12 Graduation	20 – 22 November Achievers' Camp
20 September Last Day of Term 3	25 – 27 November Crossroads / All My Own Work

New Students to Hunters Hill High School

We would like to extend a warm welcome to the following students who have joined the Hunters Hill High School community:

Dylan Champion	8	Morgan Gilbert	8
Javier Hernandez-Cerrillo	8	Shanae Robertson	8
Elisabeth Agee	9	Charlotte Bull	9
Jessica Irish	9	Cara Learmonth	9

Dominic Breckenridge	10	Susanna Eusebi	10
Qiuyan He	10	Yixuan Lai	10
Bokan Li	10	Pauline Spuerkel	10
Zhiyuan Wu	10	Lingyi Yang	10
Yiwen Zhou	10	Yann Almada-Jimenez	11
Ilaria Bianchi	11	Qiwei Chen	11
Vittoria D'Ippolito	11	David Hernandez-Cerrillo	11
Clara Lopiano	11	Francesca Piron	11
Aileen Roncoroni	11		

From The Principal

It is my pleasure to **welcome everyone, especially our new students and their families**, to another term and to the second semester of the 2013 academic year. Last term concluded with students' negotiation of their exams and assessments; teachers' completion of marking and student reports as well as Parent Teacher Nights. It was heartening to see that so many parents utilised these evenings as an opportunity to discuss their children's achievements.

My congratulations to our students who have been recognised for their Semester 1 academic achievement. These students are invited to Achiever Morning Teas, presented with achievement certificates and celebrated by the school's Senior Executive and Year Advisors. Now for Semester 2!



Whilst it's commonplace that teachers utilise school holiday periods to mark, program and plan, there was considerable activity in our school during the recent holiday period as teachers conducted **workshops and tutorials for their Year 12 students**. These tutorials and workshops have continued before and after school hours and on weekends this term as teachers have worked with Year 12 students to ensure their completion of HSC Major Works. I applaud our teachers' dedication as well as the tenacity and determination that many of our students have demonstrated!

Year 12 students conclude their secondary education with a **Formal Assembly** on the last day of this term and commence their HSC Exams early next term (please note: detailed information will be sent to Year 12 parents). **Year 11 students** conclude their Preliminary course work this term with their final exams in the last week of term; they commence their HSC program next term. **All students**, including

Year 7-10 students, must sustain a strong academic focus and work ethic to enable them to negotiate their academic program this semester.

If there are **questions or concerns regarding your children's academic performance**, their teachers or the relevant Head Teacher is the appropriate contact. If you have welfare or well-being concerns regarding your children their Year Advisor or our School Counsellors: Geoff Glassborow or Elizabeth Shelley are the appropriate contacts.

Similar to teachers throughout the state, our teachers are preparing for the introduction of the **Australian Curriculum**: next year, in English, Maths, Science and History; other curriculum areas will follow in subsequent years. To this end, our recent School Development Day's (SDD) work on programming will be followed by this term's evening workshops. Our teachers are excited by the opportunity to ensure that their programming skills are current and comprehensive and include elements that ensure that their curriculum delivery is engaging and accessible to all students.

Another highlight of our recent SDD was our work with our **Partner Primary Schools**. Hunters Hill High School is fortunate to enjoy strong relationships and connections with our Partner Primary Schools: Hunters Hill; Boronia Park; Gladesville; Lane Cove West; Lane Cove and Greenwich Public Schools. Whilst these relationships and connections have been initiated and nurtured at Principal level, they have been consolidated and expanded by Iva Slavica, our Promotions/Marketing Officer. Iva is ably assisted by Ms Martha Maroon from our Office Staff. Of course, commendation must go to all our teachers who have assisted with our primary school programs: Primary School Band Workshop; Hands on Science Day; Girls' Breakfast; Top of the Hill and NAVIGATE.

Subsequent to the school's 2012 successful funding submission, Stage 3 teachers from Boronia Park and our Maths Faculty have been working together on a **Maths Problem-Solving Project**. This project has had significant and mutual benefits to both schools and to the teachers who have worked together. To share the benefits of this project with all our Partner Primary Schools, Hunters Hill High invited all Primary Principals and Stage 3 teachers to work with our Maths Faculty on our recent SDD. I'm not surprised that this workshop was highly evaluated. Mr Neilsen's presentation was impressive and the discussions that followed were obviously beneficial to our teachers and to our primary colleagues. In turn, this professional learning will benefit HHHS' students and students in our local primary schools.

My heartfelt congratulations to Year 12 student, **Morgan Marshall**, who has been awarded the very prestigious **Tuckwell Scholarship**! I encourage you to read the article in this newsletter about this wonderful achievement by one of our outstanding Year 12 students.

Recently, it was my honour to attend the **North Sydney Community Awards Ceremony**, together with P&C President, Deborah Slack and Deputy Principal, Michael Murphy, and witness Year 12 parent, **Louise Morgan** receive her award for meritorious service to our school community. Whilst our second parent recipient of this prestigious award, **Les Toemoe** was unable to attend the ceremony, our school salutes both Louise and Les and the considerable work they have done for students within our community.

Planning is underway for our **2014 staffing and timetable**. Year 8 students have made their subject selections; Year 10 students have finalised their senior curriculum. After her success at merit selection for the **HT CAPA position**, Ms Jenny Deagle will join our staff at the beginning of 2014. Highly regarded as a Music teacher and school executive, I am confident that Ms Deagle will be an impressive teacher and faculty leader and contribute positively to the life of our school community. Hunters Hill High **HT Maths position** is advertised at the moment, so hopefully there will be an outcome prior to the end of this school term.

My particular thanks go to Peter Warren who has given so generously of his time and expertise in several staff selection panels this year. I welcome those generous parents who have received training or offered to get training in the future! As most panels require a P&C representative, these additional and trained parents will lighten the load for all.

I encourage you to join us for the **Leadership Assembly** that is scheduled this term. One of the highlights of our school calendar, Year 11 students who are candidates for the school captaincy have the opportunity to address the assembly. Invariably, their speeches are compelling, moving and capture so much about our school community

All parents are welcome to attend this month's **P&C Meeting on Monday, August 19 at 7.30pm** in the school library. Mr Gane will share a photo story of the recent ski trip prior to the meeting.

FROM PRINCIPAL'S MAILBOX

Please find below, email correspondence sent from The Australian National University;

Dear Judith

On behalf of The Australian National University, it is my great pleasure to advise you that Morgan Marshall from Hunters Hill High School has been offered a Tuckwell Scholarship commencing in 2014.

The University was delighted with the response to the Tuckwell Scholarships, the quality of the applications and the support we received from schools around the country. We wish to thank you for the part you played in supporting Morgan's application. We are also very grateful for the considerable effort made by Pelay Ingles who was Morgan's nominated referee teacher.

Morgan represents all the attributes of a Tuckwell Scholar and we are incredibly proud of the cohort of 25 scholars who will join us next year. The University is looking forward to welcoming Morgan to the University community, to Scholars House and to the many activities that distinguish ANU as a leader in research, education and social change.

Yours sincerely

*Professor Marnie Hughes-Warrington
Deputy Vice-Chancellor (Academic)*

**Until next Figtree,
J M Felton**

Tuckwell Scholarship

This is no ordinary scholarship

Hunters Hill High School is proud to announce that Morgan Marshall, a current 2013 HSC student, has received one of the highest honours given by an Australian university: A Tuckwell Scholarship. The scholarship was open to students from all around Australia, and through an extensive application process Morgan was chosen to be awarded one of only 25 scholarships made available through the Australian National University.

The Tuckwell Scholarship program has a focus on giving back to Australia. It is the only one of its kind that nurtures Scholars to fulfil their wider ambitions over and above the pursuit of an undergraduate degree. As a Tuckwell Scholar, Morgan epitomises the Tuckwell vision to become the best you can be while hoping to make the world a better place. These characteristics are underpinned by integrity, humility and generosity.

Supported through the generosity of the Graham and Louise Tuckwell Foundation, Morgan will receive a scholarship of \$20,000 per annum for the length of her undergraduate degree at The Australian National University to assist with expenses such as accommodation and living costs. The financial benefits are just the beginning – the Tuckwell experience will be life-changing.

While I have always known Morgan to be an inspirational and successful young woman, in assisting her to complete this application (along with a further application from Ms Felton, and assistance from Ms Bohnen and Ms Robinson) I came to realise the magnitude of her accomplishments thus far. To highlight just a few: Morgan completes academic work to a consistently high level despite numerous interests such as soccer, clarinet, youth orchestra, Taiko, 3 visits to Japan (including a 6 months student exchange), maths tutoring, Duke of Edinburgh (involving intensive training for expeditions and volunteering at a childcare centre). Already she has a positive influence at family, school and community levels and reinvests her knowledge, skills and time in a variety of ways to give back to her school and community.



Her commitment, motivation and ability to achieve success are seen in a variety of pursuits: music and performance, insightful mentoring, maintenance of excellent school grades (despite 3 part-time paid jobs and one volunteer mentor role), fundraising for charity, speaking at school events such as 'Leadership Week', where she addressed the entire senior girls' cohort, member of the successful 'HHHS Girls Committee' (of which she was a founding member), soccer coaching and refereeing (school and community), performing in the school band at community events and working with elderly people in her community well beyond expectation, providing voluntary assistance and companionship.

Morgan has participated regularly in extra-curricular science competitions, including BIO Olympiads and the national UNSW "Brain Bee" neuroscience competition. She was also selected for the UBS Young Women's Leadership Academy.

Those who know Morgan well know that she is a unique individual with an outgoing personality, a great sense of humour, yet she displays great humility in the roles that she undertakes. She is an unofficial leader in many areas of her life, proving to have a beneficial and positive influence on others. She is a highly collaborative worker and demonstrates creative and lateral thinking in her school work and displays deep interest and understanding of her subjects. Morgan is a generous student with great depth of character who has an incredibly positive influence on those around her.

Morgan has indicated a strong desire for future contribution to neuroscience and linguistics research, especially in the area of strengthening foreign language learning and helping people with language difficulties improve their language skills. With increasing multiculturalism in Australia, she believes the need for linguistics expertise and research will continue.

Receiving a Tuckwell Scholarship is not just about intellect. It is about a young person's desire and determination to use their natural abilities to realise their full potential so that they can make a difference in the world. It is clear from Morgan's achievements and character that she has what it takes. Applicants are expected to achieve a high ATAR of 95+, so we wish Morgan and her family all the best throughout the HSC.

Pelay Ingles

Relieving Head Teacher CAPA

P & C Report

Welcome to Term 3 at HHHS. Best wishes to all Year 12 students who have recently completed their Trial HSC exams.

It has been an eventful period since the June Figtree. Congratulations to Year 12 parents Louise Morgan and Les Toemoe who have been awarded North Sydney Community Awards by the Honourable Joe Hockey, MP, Shadow Treasurer and Member for North Sydney, for their very significant contribution to Hunters Hill High School. Les Toemoe set up the HHHS Dance program and was the director for 3 years. Louise Morgan was the Coordinator of the HHHS Band program for 3 years, has been the Acting-Director of the Dance program, has been Vice-President of the P & C for 3 years, and overall has been indefatigable in her volunteering work in support of the school.

Thank you to the HHHS P & C Events Committee for organising the Mega Raffle with the aim of raising funds towards upgrading the multi-purpose sports courts near the waterfront. All of our children will benefit from the necessary upgrading of the sports courts.

We have volunteers at the Uniform shop on Tuesday and Thursday mornings to collect books between 8am and 9am. If you are unable to make that (or forget), our wonderful office staff have also kindly offered to collect books.

Please return books (hopefully sold) ASAP.

The draw will be conducted at school on Tuesday 27 August, 2013 and all prize winners will be contacted by phone.

The P & C has also submitted a grant application to the N.S.W. Government for a contribution towards the upgrading of the multi-purpose courts. Fingers crossed!

Thank you also to the P & C Environment Committee for the gardening working bee on Saturday 20 July. The next gardening working bee is this Saturday 17 August 2013 from 1 – 4pm. We will be putting in some new native plants around the Food Technology building (towards the sports courts). Entry will be via the gate at the bottom of Mount St at the waterfront. We are looking for volunteers. As well as enhancing the school environment, gardening in our beautiful school grounds is also an enjoyable way to spend an hour or two on a Saturday afternoon.

The next P & C meeting is on Monday 19 August 2013 at 7.30 pm in the school library. Relieving Deputy Principal Mr Gane will give a presentation on the recent Years 9, 10 and 11 ski trip. Everyone is welcome.

Deborah Slack
HHHS P & C President 2013

HSIE Faculty

YEAR 12 ECONOMICS

On June 6th, 2013 Year 12 Economics class attended the first of two excursions. Both enriching experiences have not only deepened their understanding of the subject, but has also helped them to gain wider insight about the importance of economics in society.

We were introduced to Australia's leading economists who have paved the way for the understanding and awareness of the global state of the economy. The clear favourite was Ross Gittens, who gained a standing ovation as he entered. Many of the lectures pertained to Australia's economic standing worldwide. Unlike some study days, the information provided at the conference really demonstrated the importance of understanding a subject, like economics. The lectures were delivered with passion and we gained a real understanding of how economics relates to wider society.



On June 12th, we embarked on a trip to the Reserve Bank of Australia in Martin Place, where we discussed 'monetary policy' (and its influence on interest rates) from a first-hand perspective, as the RBA ultimately makes decisions in this area. We also visited the UBS trading floor, and witnessed the unique layout and happenings in this area. It provided us insight into the many fields that economics can take you, and the relevance and importance of this course in the wider society.



This trip was truly an exceptional experience and deepened our knowledge of important concepts studied in Economics. I would like to thank Ms Apostolou, for without her passion in this course, we wouldn't have had the opportunity to attend these excursions.

Hayley Laws

Science Faculty

NSW Titration Competition

On Saturday 15th June we had nine students compete at Barker College in the NSW Titration Competition.

The NSW Schools' Titration Competition is a quantitative analytical competition open to NSW students currently enrolled in Senior Chemistry studying towards the Higher School Certificate. Students compete in teams of three and, in ninety minutes, must complete a set of acid-base titrations to determine the unknown concentration of a weak acid. The team's score depends on the accuracy of the work of its members. The best score wins trophies for the team.

Our teams consisted of:

Team 1- Gemma Assenheim, Gemma Lipman, Caroline Tzschaschel

Team 2- Timothy Pawlak, Chris Spinks, Navin Zabeti

Team 3- Haley Law, Hugh Mackay, Alaric Powe

All students did exceptionally well on the day, but Team 1 was the most accurate with both Gemma scoring the lowest and most accurate score of 16 helping their team, along with Caroline, to gain fourth place at the venue. Congratulations to all students for your efforts and for displaying such respectful and professional manners on the day.



Earlier this year we had quite a few students sit for the Big Science Competition. The results are in and once again the students at Hunters Hill have done exceptionally well.

Junior Division Years 7 & 8		Intermediate Years 9 & 10		Senior Years 11 & 12	
Lindon Durrant P	Eoghan Flanagan D	Christallo Dimos C	Damien Dimos HD	Cameron Durrant D	Gemma Lipman D
Jay Gosselin P	Matthew Gray HD	Alysha Durrant HD	Andrew Gray C	Hugh Mackay D	Alaric Powe C
Benjamin Jones HD	Huon Kirkman C	Harrison Hansford P	Pamela Madoyris D	P = Participation C = Credit D = Distinction HD = High Distinction	
Benjamin Murray P	Caitlin Nash D	Rohan Mudaliar C	Siobhan Nash C		
Marko Pavlovic C	Eliane Steger C	Nanako Reza P	Conrad Schnitzler P		
Stephen Wobcke HD	Cate Wong P	Yanick Steger P			
Cameron Zirn D					

Congratulations to all who participated. You will receive your certificates very shortly.

Equipment Audit

It's a new semester and probably time to check that your son and/or daughter has all the equipment required for successful learning in the classroom. Please ensure they have the following equipment for each lesson:

- Science exercise book
- Plenty of blue, black and red pens
- Sharp lead pencils and eraser
- Ruler
- Calculator
- Scissors and glue
- USB



HALF YEARLY SEMESTER RESULTS

Year 12 (1 st , 2 nd , 3 rd)	Year 9
Chemistry- Rebecca Hwang, Gemma Lipman, Navin Zabeti	1st - Christallo Dimos, 2nd - Pamela Madoyris 3rd - Jonathan Choi
Biology- Morgan Marshall, Gemma Assenheim, Gemma Lipman	Year 8 (1st in class)
Physics- Rebecca Hwang, Morgan Marshall, Chris Spinks	8i- Christopher Gibson, 8n- Matthew Gray 8k- Noah Nakoji
Year 11 (1 st , 2 nd , 3 rd)	Year 7 (1 st in class)
Chemistry- Hugh Mackay, Arman Chahal, Siwei Chen	7w- Alexander Galati, 7a- Scott Hansford and Eliane Steger, 7v- Chattraya Rutherford 7e- Hannah Wells
Biology- Callum Barnes and Obe Williams, Jane Andrews	

Congratulations to all these students on their academic success. There are still another two terms for students to improve and challenge themselves with learning.

Michelle Chiew-Meldrum
Head Teacher Science

Clever Climate Environmental Project

Students from Year 8 Geography and Year 9 Science were asked (with the guidance of their teachers Ms Apostolou and Ms Bernardi) to submit proposals for energy awareness at Hunters Hill High. The following groups of students were chosen and submitted their proposals to the Field of Mars for further investigations. The following students conducted audits and researched different energy efficient products and services to help decrease our energy costs. Stephen Wobcke, Jack McGreanor, Issac Maharaj, Matthew Tumia, Hunta Campbell, Tom Morris, Daniel Tumia, Chris Gibson and T. Greer all contributed to this environmental proposal. As a result of their hard work and the teachers guidance, Hunters Hill High School have been successfully been granted \$1000 to advertise energy awareness and efficiency at our school.



Congratulations to all the participants it was well worth the time and effort.

Ms Kathy Apostolou
Teacher

CAPA Faculty

On June 12th, the school band, along with our conductor Alex Silver, band coordinator Jackie Fredericks and teachers Ms Ana and Mr Gane, headed north, on our regional tour. We arrived at our first destination a bit earlier than expected, so Mr Gane gave us a guided tour of his hometown, Newcastle. After a bit of lunch and running around in a park, we went to our first school, which was Lambton Primary School. There we had a workshop with all the students from the band at that school. They loved the pieces we taught them to play, especially "Everyday I'm Shuffling!" At the end of the school day, we performed as one big band in front of the whole school. This seemed to go well and the kids watching enjoyed listening to our music.

After we said our goodbyes, we got back on the bus and drove to 'The Retreat' at Anna Bay, where we stayed for 2 nights. It was a pretty cool place, with a ping pong table, pool table and air hockey table, which we were allowed to use in the evenings. There were big sand dunes nearby, which we checked out the next morning. The food was great and the beds were really comfortable.

On the second day, we went to Belair Primary School, where we were joined by members of that primary school's band and also by members from the nearby Kotara High School, where Mr Gane had been a student. We did a combined workshop with these students and later performed in the afternoon for parents and other students from the school. We were impressed at how well these students played and were also impressed by how many different instruments they managed to combine in their bands. They had French Horn players, tenor and bari saxophone players, bass guitar players and electric guitar players all in the one band. It sounded pretty good and we enjoyed playing with these bands. We had a delicious barbecue lunch and were allowed to play with the children in their playground, which was fun.

After our long day we headed to Nelson Bay, where we were given free time to wander around the shops and buy souvenirs and treats. We got back to our accommodation at Anna Bay in time for dinner and enjoyed sitting around an open fire. After some serious rounds of ping pong, we settled down to a game of 'trivia', which the year 9's and 12's won.

The next day we packed up and came back to Sydney via 'Tobbogan Hill', where we did various fun activities, such as ice-skating on plastic (it sounds crazy, but it works!!), tobogganing, putt putt golf, rock climbing and walking through a maze. We felt tired after our time there and most of us fell asleep on the trip back to Sydney. We had a great time away and appreciate the efforts of the teachers, Alex and Jackie, who made it all possible. Thank you.

Tom Brennan
Year 8

PDHPE Faculty

Futsal Championships! HHHS entered 5 teams in the northern region Futsal Championships.

Well done to the 14's girls and boys teams, the 16's and Open's Girls Teams and the Open Boys Futsal Team. Each team had individual successes throughout the championships with extraordinary growth in their skills and knowledge. The championships would not have been so successful without the support of the team coaches Ms Woolford and Mr Habbouchi and the amazing support of our wonderful HHHS parents who assisted with transport and cheered on our teams from the sidelines. Thank you all!



16 and Open Girls. Tues 25th June. Coach- Ms Woolford

Open: Amy McCoy, Paula McCoy, Emily Holst, Brontie Holst, Izzy Peters, Jade Gilbert, Ellie Gibson, Cassie Stoppa, Lauren Pethyridge.

16 years: Alice Perkes, Jess Harris, Kaitlin Love, Nanako Reza, Beth Hopkins, Sutassa Ratawaha, Chantelle King.



Open Boys Thurs 27th June. Coach- Mr Habbouchi

Mat Ruggerio, Antonio Galati, Chris Statharkis, Zac Frankland, Ben Andrioni, Nathan May, Obi Williams, Chris Frank, Patrick Mogan.

14 boys and 14 girls. Friday 28th June. Coach- Ms Ingles

14 boys: Scott Hansford, Harrison Akdeniz, Noah Nakoji, Gus Jamieson, Dali McDonald, Justin Sunderland, Will Bayliss, Matthew Gray, Dom Vicary, Harrison Bach.

14 girls: Charlotte Jones, Heather Service, Ciara Murphy, Sophie Lingard, Elaine Steger, Chattraya Rutherford.

All teams represented HHHS with honour and dignity while having a really great time! The HHHS coaches look forward to the 2014 competition- game on!

Ms Pelay Ingles



Year 8 – Study Skills

The Year 8 cohort will begin a series of welfare sessions this term. The sessions will focus on study skills at home, improving productivity in the classroom, as well as social and emotional well-being at school. The programs will be conducted during Roll Call by the Year Advisor, in collaboration with Year 8 Roll Call teachers. We aim to provide Year 8 students with the skills and resources to better access their educational possibilities.

Please contact the Year Advisor, Anthony Sharman, for further information on these programs. We encourage you to discuss the first of these programs with your child – STUDY SKILLS AT HOME.

Provided below is a sample from the program booklet that we will be working through:

Study Skills at

Help Ourselves Meet Expectations



- Your work in the classroom, with your teachers and peers, is one of the most important ways to access new ideas and gain a positive education.
 - But there are things you can be doing at home that can help you to improve your learning in the classroom and extend your educational possibilities.
 - You will find that by simply ticking off a few of the boxes below, it is possible to increase your enjoyment, and sense of achievement, at school.
1. Seek advice from teachers about what you can study
 2. Plan carefully, don't commit to a program that is unrealistic
 3. Tell your parent/caregiver that you are making a commitment to a study program at home
 4. Set aside **THREE** blocks of 30 minutes for study each week
 5. Set up a location, study area, that you will be able to work productively at during your study block
 6. Make sure you have all the right equipment to study successfully
 7. Review your study program, have you got the right **BALANCE**
 8. Stick to your study timetable, even when you don't have "homework", find something that relates to your studies or interests you
 9. Set yourself a realistic goal for your study program (i.e. to complete a certain task, improve on marks in a particular subject area)
 10. Reward yourself when you feel you have achieved a goal

High Resolves



Year 12 Holiday Workshops



HSC Survival Guide for Parents



At a glance:

- Year 12 is a challenging time for kids, as studying for the HSC often coincides with other stressful factors.
- Support your child by encouraging good sleep, nutrition and physical activity.
- Have realistic expectations about your child's performance and goals.
- Stay calm and positive.
- [NSW HSC Online](#) has excellent study resources.

Practical advice for the whole family

If your child is studying for the HSC, you're probably feeling the stress too. Many parents want to help but don't want to interfere.

As well as pre-exam tension, there are other common factors that can make life seem even more challenging for the whole family.

Year 12 is often the year when students:

- lose interest in school
- have no plans after the HSC
- develop an intense relationship with a boyfriend or girlfriend
- get their driver's licence
- experiment with legal or illegal drugs
- have a part-time job
- are a member of a sporting team
- develop an eating disorder
- suffer from depression.

If any of these concerns sound familiar, don't despair. You're not alone - and this won't last forever.

How you can help

Richard Cracknell, counsellor and district guidance officer at Inverell High School advises that "the most obvious forms of support parents can offer are the practical, physical things," and recommends parents:

- Provide a **good place to study**, that's quiet, comfortable, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.
- Provide **healthy**, balanced **meals**.
- Encourage **sleep** and regular **exercise**.
- Encourage them to **avoid late night parties and alcohol** consumption.

Less obvious, but just important, is giving your child the support they need in the lead-up to exams, which can be hard when emotions run high.

Tips to remember

- **Be supportive** and encouraging.
- **Highlight strengths** and successes. Encourage your child not to dwell on failures, but to see them as "mistakes", which can actually be something they can learn and benefit from.
- **Appreciate your child maybe feeling very stressed**, even if it's not obvious to you. Many kids fear letting their family down so beware of setting unrealistic expectations. Some worry they can't do as well as a sibling, or friend. Many Year 12 kids are feeling overwhelmed about what lies ahead: leaving home, leaving lifelong friends, the prospect of having to live in a new city.
- **Understand people under pressure become supersensitive** and explosive from time to time. Family members are usually the first targets. Try not to overreact.
- **Be realistic in your expectations** as to where the HSC leads. Not all HSC students will go on to university – but they can still have a wealth of excellent and satisfying career options. If they don't get the HSC marks they needed and still really want to go on to tertiary education later, there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.
- **Encourage your child to seek help** from teachers or the school counsellor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- **Encourage a healthy balance between work and leisure**. Sometimes kids need a total break from everything for a weekend or so, to recharge their batteries.
- **Take an interest** in what your child is doing, if they'll allow you to (some won't). This can include the subjects or topics being studied, how their study timetables and programs have been organised and their leisure pursuits. (Note: "Taking an interest in" does not mean interfering.)
- Remember **the occasional hug and "I love you" don't go astray**, even when they are 18 years old.
- Encourage and **allow your child to be as independent as you can possibly stand**. The more independent your child is in meeting the demands of Year 12, the better prepared they will be to succeed at a tertiary level or in the workforce.

Just before exams:

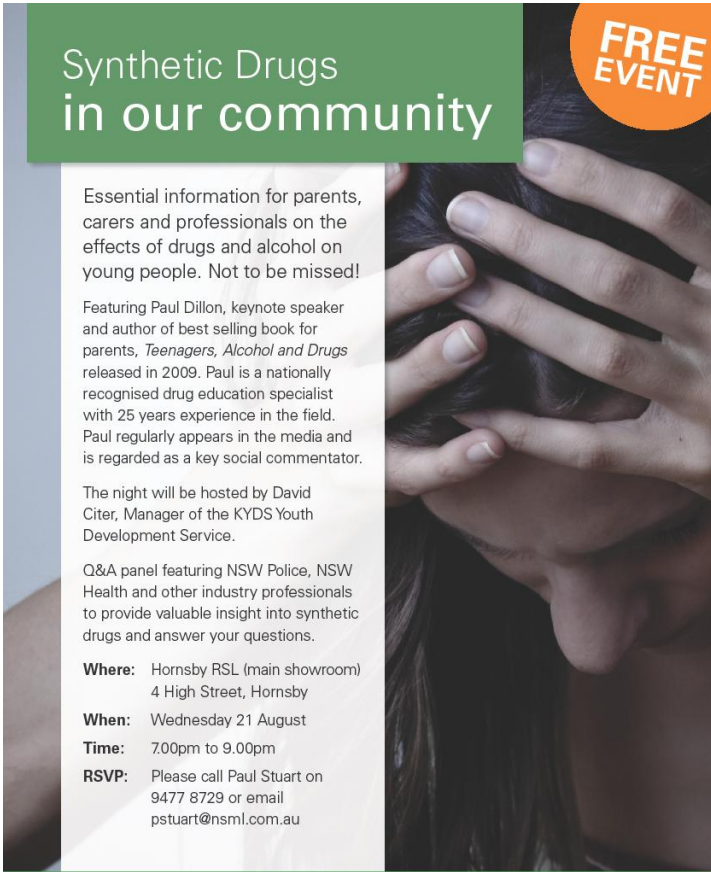
- **Don't stress about the little things** like leaving lights on, leaving the lid off the toothpaste and not doing chores.
- **Don't panic** when they announce on the evening before the examination that they know nothing. (Reassure them, even if you think they could be right. "Just do the best you can. We know you're giving it your best shot." is a good standby.)
- **Avoid nagging**, which doesn't mean you can't give a nudge or gentle reminder from time to time.
- **Encourage confidence** by reassuring your child. If you have doubts, keep them to yourself.

According to Richard Cracknell, all parents make mistakes, and we need to bear in mind that we're human too.

Don't feel too badly when you forget *not* to nag, when you get picky, and complain bitterly that your child has the time to attend the 18th birthday party of every Year 12 student, but doesn't have time to help with the washing up.

As parents we sometimes can't help being over-involved and from time to time we also feel the pressure of Year 12. Know this is a temporary stage, just like the newborn, toddler and adolescent stages you've already negotiated together.

This article is based on information by Richard Cracknell, counsellor and district guidance officer at Inverell High School.



**Synthetic Drugs
in our community**

**FREE
EVENT**

Essential information for parents, carers and professionals on the effects of drugs and alcohol on young people. Not to be missed!

Featuring Paul Dillon, keynote speaker and author of best selling book for parents, *Teenagers, Alcohol and Drugs* released in 2009. Paul is a nationally recognised drug education specialist with 25 years experience in the field. Paul regularly appears in the media and is regarded as a key social commentator.

The night will be hosted by David Citer, Manager of the KYDS Youth Development Service.






Q&A panel featuring NSW Police, NSW Health and other industry professionals to provide valuable insight into synthetic drugs and answer your questions.




Where: Hornsby RSL (main showroom)
4 High Street, Hornsby

When: Wednesday 21 August

Time: 7.00pm to 9.00pm

RSVP: Please call Paul Stuart on 9477 8729 or email pstuart@nsmi.com.au

Hunters Hill High School

Term 3 – 2013



<i>Mth</i>	<i>Wk</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
July	1 A	15 School Development Day	16	17 FAC M	18	19 Sat 20 th P & C Working Bee
July	2 B	22 ←	23	24 Yrs 9 & 10 Parent Teacher Night HSC Trial Exams	25 →	26 Yrs 9 & 10 Woodwork Exc
July/ Aug	3 A	29 ←	30	31 HSC Trial Exams COM M	1 →	2
Aug	4 B	5	6	7 Science Olympiad – Chemistry STAFF M	8 Yr 7 vaccinations	9
Aug	5 A	12 Science Olympiad - Biology	13	14 High Resolves Science Olympiad – Physics FAC M	15 High Resolves	16 OH&S Meeting Sat:17th P & C Working Bee
Aug	6 B	19 P&C Meeting	20	21	22	23
Aug	7 A	26	27 Special Assembly – Leadership ***	28 M.A.D.D Night	29	30
Sept	8 B	2	3	4 VARIETY NIGHT ***	5	6
Sept	9 A	9	10	11	12 Yr 11 Yearly Exams	13 Sat: 14th P & C <u>Working Bee</u> →
Sept	10 B	16 P&C Meeting ←	17 Yr 11 Yearly Exams	18 →	19	20 Yr 12 Graduation

Hunters Hill High School

Term 4 – 2013



<i>Mth</i>	<i>Wk</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Oct	1 A	7 Labour day	8 Staff and Students Return	9	10	11 Sat: 12 th P & C Working Bee
Oct	2 B	14 HSC Commences ***	15	16	17	18
Oct	3 A	21 P&C Meeting	22	23	24	25
Oct/ Nov	4 B	28 ← ←	29	30 Yr7 Assess Week Yr 8 Assess Week	3 → →	1 → →
Nov	5 A	4 ←	5	6 Yr 9 Assess Week	7	8 OH&S Meeting Sat: 9th P & C Working Bee
Nov	6 B	11 TOP OF THE HILL Remembrance Day	12	13 TOP OF THE HILL	14 Yr 10 exams (commence after recess)	15 Yr 10 Exams
Nov	7 A	18 P&C Meeting Yr 10 Exams	19 Yr 10 Exams	20 Achievers' Camp	21 Achievers' Camp	22 Achievers' Camp
Nov	8 B	25 Crossroads/ All My Own Work	26 Crossroads/ All My Own Work	27 Crossroads/ All My Own Work	28 Year 10 exam feedback	29 Yr 10 exam feedback Yrs 7 & 9 vaccinations
Dec	9 A	2 Peer Support Training	3 Peer Support Training	4 Yr 6 Orientation	5	6 Sports Presentation Day
Dec	10 B	9	10	11 PRESENTATION DAY	12	13 Yr 10 Special assembly
Dec	11 A	16	17	18 Last day for students	19 School Development Day	20 Last Day Term 4 School Development Day