



Monday 15 October, 2018

Dear parents and carers,

Term Four has commenced and the end is in sight for our current Year 12 students. We would like to take this opportunity to congratulate them all on their successful progression through our school, and we know that they will go on to achieve success.

We would like to inform you about the arrangements for the rest of the term for Year 12 students.

Monday 22 Oct	Dress Up theme: Teacher
Tuesday 23 Oct	Dress Up theme: Letter of your name
Wednesday 24 Oct	Final Y12 classes and Dress Up theme: Movie/TV character
Thursday 25 Oct	Farewell Breakfast and Assembly
Thursday 22 Nov	Graduation Dinner
Wednesday 19 Dec	Awards Night

The last day for Year 12 students is Thursday 25 October. During this final week of classes students have chosen a dress-up theme for each day (Monday - Wednesday) and may choose to wear a costume linked to the day's theme. There will be a group photo of students in their costumes at 8:50am each day on the steps of the Engineers Building.

In addition, CSC is hosting a number of events to celebrate and farewell our Year 12 students on Thursday 25 October. A **farewell breakfast** will be held at the Botanic Gardens from 8.00am. School Council will be providing breakfast and parents are welcome to be a part of this. There, students will be breathalysed and given an armband to attend the school events that follow. After the breakfast they can walk to school along North Street, where local residents have been informed.

Parents and carers are also invited to attend a **farewell assembly** in the Blakeley Road gym, commencing at 10:15am. Afterwards there will be a morning tea provided by the Year 11 VET Hospitality class. We hope that you are able to join us in this celebration.

Each of the Year 12 mentor groups will meet with the VCE Coordinator and Principal to ensure that clear expectations and boundaries in line with our college values of Pride, Respect and Responsibility are established for the final day's celebrations. Parents may be contacted to collect their son/daughter if these expectations are not met.

Students have been informed that it is not acceptable for them to use shaving cream or other messy items (eggs, oil, flour, etc) on their journey from the Botanic Gardens to school, or at any stage on school grounds. There is to be no use of water balloons or glitter due to the significant waste left behind.

If there are any breaches of rules, or intoxication, students will not be able to attend Graduation Dinner and may have to sit their final exams outside of Castlemaine.

Teachers of all Year 12 subjects will be available to help students up until the subject exam is completed so even though formal classes are over there is still plenty of support available for students.

We would like to take this opportunity to remind you about the other important celebration for Year 12 students who successfully complete VCE or VCAL this year. Each student, and two guests, are invited to attend the **Graduation Dinner** on Thursday 22 November. The function will be held at Campbells Creek Community Centre commencing at 6.30pm and finishing at about 10.00pm. Tickets for students and their guests are currently available from reception for \$50 per person and the **last date for purchasing tickets will be Friday 16 November**. After all families have had an opportunity to purchase tickets, extra tickets may be available if you require more than three. Please put your name on the waiting list at reception. Please inform administration staff of your dietary requirements when you purchase your tickets.

In addition, graduating students have the opportunity to 'arrive in style' at the Graduation Dinner, chauffeured in hot rods driven by generous volunteers from the Castlemaine Hot Rod Centre. Students should meet at the Campbells Creek Primary school at 5:45pm, for arrival at the Graduation Dinner between 6:00 - 6:30pm.


Students who would like to provide childhood (baby/early primary school) photos for inclusion in a photostory played at the Graduation Dinner should bring them to reception where they can be scanned by our administration staff. Alternatively, scanned copies of photos can be emailed directly to: theobald.matthew.k@edumail.vic.gov.au

A professional photographer will be available at the Graduation Dinner to take individual and group portraits for purchase by students and families. Please see the attached flyer for further details.

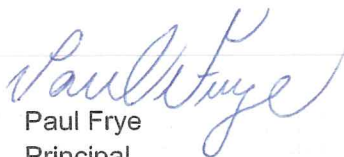
Finally, the CSC annual **Awards Night** will be held on Wednesday 19 December at the Castlemaine Town Hall. Families of award recipients will be invited to attend this event.

We are focused on supporting all Year 12 students through their final weeks at Castlemaine Secondary College and we are looking forward to joining students and families in the celebrating the completion of Year 12.

Regards,



Katherine Young
Transitions & VCE Leader



Paul Frye
Principal



Castlemaine
SECONDARY COLLEGE

Mr Paul Frye
Principal

Castlemaine Secondary College
Blakeley Road
PO Box 57
Castlemaine Vic 3450

T. 03 5479 1111
F. 03 5479 1120
E. castlemaine.sc@edumail.vic.gov.au
W. csc.vic.edu.au

Graduation Photography

A professional photographer will be available at the Graduation Dinner to take individual and group 6" x 8" portraits for purchase by students and their families. Printed photos will be mailed and digital copies of the files also supplied.

Cash payments only can be accepted, payable on the evening. Photography will commence at 6:00pm.

Prices

\$12.00 for the set up of each photo grouping (eg student, family, friends, other).
Includes one print.

\$5.00 for additional reprints

Preparing for tests & exams

Andrew Fuller

If you have ever looked at a test or exam paper and thought, "I know that I know this but I can't remember anything", if you have stayed awake in the middle of the night worrying about a test the next day, if you have ever felt butterflies in your stomach or a headache whenever you think of an coming test, here are a few ideas for you.

Everybody gets stressed.

Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache- these aren't nice feelings to have.

Get Stressed

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way to getting ready to take on a challenge. Stress prepares you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and non-essential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and

helping you to perform at your best, will help you to keep these feelings in perspective.

Write Out Your Worries

The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself.

Even if doing well on this test or exam is really, really important to you, knowing your fears will calm you. Knowing the answer to the question, "If I did fail, what would happen then?" helps you to make a back up plan.

Chew Something.

Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal. Chewing gum is not a good idea.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

Focus on now.

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

Breathe Out - S L O W L Y

When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

Stand tall walk proud

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history. But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce the stress hormones.

Remember the 5 Ps

There is an old saying, "Perfect preparation predicts powerful performance". The best way to prepare for a test or exam is to: study the whole area you have learned;

test yourself;

sort the areas into those that you answered correctly and those you did not;

re-study the areas you answered incorrectly;

re-test yourself;

re-study until you are getting close to 100% right;

test yourself on the entire topic.

Look after yourself

Breakfast- eat "brain food" the morning before a test or exam. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night's sleep the night before a test or exam. If you are feeling really worried, set an alarm so you can wake up early and do some revision.

Make yourself smarter

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

Keep Calm and Carry On

You have many, many skills that will NOT be assessed by this test. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don't make the mistake of thinking that your score on a test is a measure of your intelligence or predicts your future.

Andrew's most recent book is "Tricky Teens" (Finch Publishing, 2014)