



HEAD OF YEAR 12

Newsletter

Michael Clarke

Dear Parents and Carers,

I would like to extend my thanks to our Formal committee who were crucial to success of the Year 12 Formal on Tuesday night. It was a fantastic evening of high energy, excitement, and a wonderful sense of community. I also want to acknowledge and thank all the parents who supported their young people behind the scenes — from finding outfits to late-night pick-ups. Your time, energy, and care made this milestone event even more special for our students.

As we move closer to the External Assessment, it is normal for students — and parents — to feel a mix of anticipation and stress. A small amount of stress can be helpful in boosting motivation and focus, but when it becomes too much, it can hinder both wellbeing and performance.

Recognising Exam Stress

Some stress is expected in the lead-up to exams. You may notice:

- Butterflies before an exam
- Short-term fatigue
- Nervousness that passes once exams are over

However, it's important to be alert for signs of **excessive stress**, such as:

- Persistent anxiety or panic
- Difficulty sleeping or concentrating
- Feeling overwhelmed, nauseous, or withdrawn
- Loss of motivation to study

If you notice these signs, please reach out to the school for further support.

Practical Ways You Can Help at Home

Here are some suggestions that also reflect our values of Thinking Big (encouraging positive study habits) and Paying it Forward (supporting each other as a community):



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1. Encourage balance – Help your child establish a realistic study routine that includes regular breaks, exercise, and downtime.
2. Create a quiet study space – A dedicated area free from distractions helps students focus.
3. Promote rest and relaxation – Activities like listening to music, going for a walk, or spending time with friends can reduce tension.
4. Support healthy habits – Nutritious meals, good hydration, and daily movement help maintain energy and focus.
5. Talk and listen – Ask how they are feeling about their exams, and listen without judgement. Let them know that their worth is not defined by their results.

Remember the Bigger Picture

While exam results matter, they are not the only pathway to success. There are many options for study, training, and careers after school. Reminding our young people of this can ease pressure and help them approach exams with confidence and perspective.

Useful Supports:

- ReachOut – reachout.com.au
- Headspace – headspace.org.au
- Beyond Blue – beyondblue.org.au
- Lifeline – 13 11 14
- Kids Helpline – 1800 55 1800

Many Thanks

Michael