

TEMPE HIGH SCHOOL

Innovation, Opportunity, Excellence

Unwins Bridge Road TEMPE NSW 2044

TERM 2

WEEK 9 2014

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From the Principal

I would like to thank staff and parents for the hardwork that has gone into supporting students over this busy term. I know that the range of opportunities that students are afforded at our school would not be possible if staff and parents did not exert energy above and beyond what could be reasonably expected. The Teachers of Tempe High do this, ensuring that positive learning relationships and authentic learning happen in our classrooms everyday. In particular I would like to thank all those involved in making the following programs successful over the last term: school bands, choir, debating, Drama, NASCA, AIME, Compass, Shakespeare group, chess, Interschool Culinary Challenge, Robo Gals, Links to Learning, Premier's Sporting Challenge, Athletics, Cross Country, School of Origin and the wide range of excursions that took place.

Reports

Years 7, 11 and 12 have already received their reports and years 8, 9 and 10 will receive their reports early next term. I urge students to reflect closely on strengths and areas for improvement. By doing this students can continue to improve their learning and performance. The reports include a student Personal Learning Profile. This profile indicates the skills that a student requires to be a successful learner and then rates if the student displays these skills always, often, sometimes or rarely. The skills are: Cooperation, Participation, Preparation Completion and punctuality. Our aim is for students to display these skills always, and in doing so give themselves the opportunity to learn all they can.

Course Selections

The process for course selections will continue next term with information booklets and evenings. Years 8 and 10 will be choosing courses. Year 10 will be counselled extensively and choices will be influenced by results that students have achieved in their half yearly reports. Each course has a limited number of places in it and students who perform poorly in year 10 may find themselves missing out on some courses. The good news is that if they perform better in their year 10 yearly report they may be reconsidered for courses at the end of the year.

Mr S Dassaklis– Principal



Dates for your Diary

14 July	Staff development day (staff only)
15 July	Term 3 first day back for students
22 July	Parent Teacher Night Years 8, 9 & 10
28 July 28 July	HSC Trials begin ICAS English test
5 August	Subject Information evening Yrs 8 & 10
7 August	Mathematics competition
8 August	Subject Selections Surveys due to Deputies
13 August	Year 8 Gala day
20 August	CAPA HSC Major works expo night
3 September	Year 7 Gala Day
3 September	P&C Spring Event - CAPA 5-8pm HALL

So, Year 12 you've got exams coming up?

Many students in the senior years have a block of exams looming after the next school holidays. What should you be doing now (and in the holidays) to be prepared for your examinations?

Between now and the end of term you need to focus on the following:

1. CLASSTIME:

Use every moment of every lesson to the full. Every moment you waste in class is time you will have to make up later. (Plus it is not fair to others in the class.)

2. STUDY NOTES:

Work on (and finish) study notes. The more you can complete before the end of term the better, it will give you more time to learn the notes and do lots of practice for the exams

3. ASK FOR HELP:

Ask your teachers about difficult areas (reviewing the things you find hardest) and starting topic by topic revision. Do this now while you have good access to your teachers and can ask lots of questions

4. MAJOR WORKS:

Work on major works or projects or large assessments

5. PLAN FOR HOLIDAYS:

Put together a plan for the holidays. Get hold of past examination papers, study guides, essay questions, revision sheets. Ensure you have everything you need before the holidays start and you are clear on what you will be doing for your study. The best way to make this happen is every Sunday night make a plan in your diary for what work you want to get done that week. If you make a plan it is much more likely to happen

What do you do in the holidays to prepare for the exams?

1. TIME:

How much time do you spend studying for the exams in the holidays? It will depend on many factors: how much work you did during the term, how confident you are with the work, how soon your exams are after the holidays, and what sort of marks you are aiming for. Most students in Year 12 would try and do a normal school day if it is a major block of exams, around 6 hours of study a day

2. STRUCTURE:

How should you structure your study during the holidays? Don't start too late in the day; try and keep your sleep patterns fairly similar to how they will be in the exam time. The best way to structure your day is first do an hour reviewing your study from the previous day. That will help to cement the information in your memory. Then have a break. Then do 2-3 hours on one subject. Have a break. Then 2-3 hours on another subject. Then you can have the rest of the night off! It is better for retention of information to spread your study for each subject out rather than just spend a whole day on one subject.

WHAT SORT OF STUDY SHOULD YOU BE DOING?

STEP 1 - ASAP Create some STUDY NOTES for each subject:

The first stage is making your own study notes. This forces you to work through all the topics, find the areas you don't understand and spend time working through them. You organise the information in ways to make it easier to learn it and you reduce what you need to go through to study. Purchased study guides are great to help you structure your own study notes, but don't let them replace the process of making your own notes – it is in the creation of your study notes that massive learning leaps take place. If you have left it a bit late, consider going to a bookshop this week for a Study Guide to form the basis of your study notes. Use the information your teacher has given you about each specific exam and its content to help you keep adding to and improving your study notes

STEP 2 – ACTIVELY REVIEW the things you need to learn:

Once you have some decent notes it is time to move into the next phase: LEARNING AND PRACTICE!!!! You have to learn, understand and sometimes memorise the content, then you have to practise applying what you have learnt by practising the skills of the subject. Keep alternating between learning and practising. At first you may spend more time learning than practising, but as you start to move info to your long-term memory you'll spend less time reviewing your notes and more time practising under exam conditions (especially doing past papers for 3 hours)

STEP 3 - Do as many PAST EXAMINATION PAPERS as possible:

- Do all papers UNDER EXAM CONDITIONS (time limits and without looking at notes).
- Mark/correct your work at the end or ask your teacher to check it.
- Ask for help on things you could not work out or don't understand.
- Add notes to your summaries about things you need to remember.
- After completing a past exam paper, do targeted revision to review areas you did not know.

Improve your examination techniques.

Final thoughts:

- ◆ LEARN FROM YOUR MISTAKES AND FIX THEM
- ◆ GET YOUR NOTES AND STUDY MATERIAL ORGANISED AND COMPLETE
- ◆ START STUDYING ASAP AS YOU CAN SEE HOW QUICKLY TIME GETS AWAY
- ◆ MAKE YOUR STUDY ACTIVE! DON'T JUST SIT THERE READING
- ◆ GET UP-TO-DATE IN YOUR WORK AND NOTES AND STAY THERE
- ◆ USE EVERY AVAILABLE BIT OF TIME – LIKE STUDY PERIODS!
- ◆ CONCENTRATE ON PAST PAPERS UNDER EXAMINATION CONDITIONS
- ◆ MAKE A FIRM DECISION AS TO HOW MUCH TIME YOU WILL ALLOCATE TO STUDY AND STICK TO IT

Children and Sleep

The internet offers limitless pieces of advice and warnings about childhood sleep. What we know here at Tempe High School is that we have many students who present at school each day showing the effects of a lack of quality sleep. Teachers appreciate how difficult it is to ensure the advised nine hours of sleep for teenagers. However, the KidsHealth Organisation suggest the following:

Say goodnight to electronics

Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM

Keep a sleep routine

Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you

Expect a good night's sleep

Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

An update on being late

Only a year ago, an average of 60 students were late to school each day. Students were missing 10-20 minutes of learning and were required to catch up on the work. In 2014 teachers and administration staff have developed a procedure to limit the incidence of lateness. During Semester 1, approximately 8 students arrived late to school. Your help has been invaluable in addressing this concern.

While this is a radical reduction, more can be done to ensure punctuality. The advice staff have been giving your children include:

- ⇒ Go to bed earlier
- ⇒ Set your mobile phone with 15 minute intervals to keep you on track as you prepare for school
- ⇒ Pack your school bag and have your uniform ready the evening before school

We believe that teaching punctuality is important and that each student should have an equal opportunity to learn. This means being in class on time. We want to thank parents for assisting us in this endeavor.

Dr L Pinnington-Wilson—Deputy Principal

SCIENCE**Science students speak with scientists in the South China Sea**

Early this year The Year 11 Earth and Environmental Science class were involved in a ship to shore linkup with Associate Professor Kelsie Dadd. The offer was kindly made to have a tour of the research ship the Joides Resolution, which is a drilling vessel capable of collecting core sample from beneath the ocean floor.

During this particular expedition the ship was involved in drilling at three sites in order to investigate the age and history of the sea floor in the South China Sea between China, the Philippines and Vietnam.

During the linkup students were able to view the ship and get a guided tour of the research facilities and the drilling rig while the ship was at sea. We were introduced to scientists from all over the world, reinforcing the international nature of science. Students were also able to ask questions by the scientists aboard. It was an amazing opportunity to see the relevance of the science the students are studying.

Both students and teacher were enthralled with the tour and would like to send a thank you to the scientists involved and in particular to Associate Professor Dadd for making us aware of the opportunity.

**Port Kembla**

Students from the year 11 chemistry classes and the engineering studies class went on a site visit to Blue Scope Steel at Port Kembla. It was a fascinating day. Students saw the scale of the process up close, were guided by well informed people and were amazed by the quantities of raw material used and product produced. The highlight was watching the hot steel coming off the rollers, get pressed into sheets and being made into massive rolls for transport; A very noisy and hot process.

Students were also given a careers talk about the opportunities in engineering and various other areas of the process. Some students who previously were unaware of these opportunities were grateful for the information; All in all an informative and fascinating day.

Bicentennial Park – Homebush

The year 11 Biology class went on the mandatory field trip to Bicentennial park where they conducted first hand investigations, dropped transects, counted pneumatophores and made and validated their hypothesis. Students also had the opportunity to assess the impact on the environment of industry and encroaching urbanization.

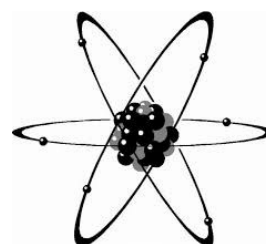
Students enjoyed the opportunity to apply the skills and knowledge of Biology in the field.

Kickstart

Students in year 12 Chemistry and Physics journeyed to the University of Sydney to get some hands on experience in a University setting. Areas of the syllabus that are difficult to access in a school laboratory were made clear when guides from the Departments of Physics and Chemistry used the more intricate and advanced equipment in the university Laboratories to clarify the concepts studied in class.

Highlights are always the superconductor experiment and watching the electrons give off energy as they circle in a magnetic field.

It is always a good opportunity to go to Universities and enjoy the academic environment.



Mr A Murphy—Head Teacher Science

TAS**HTN Inter School's Culinary Challenge 2014 at TAFE Institute –Sutherland College, Loftus Campus**

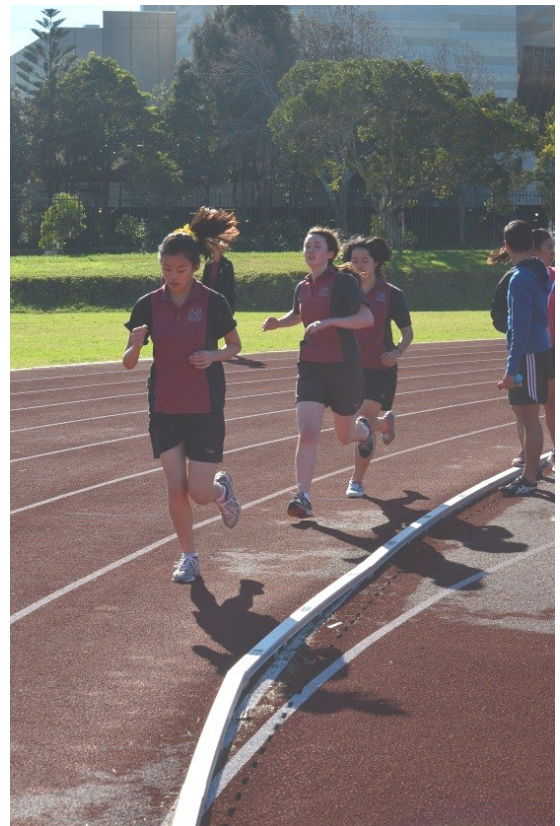
Congratulations to Kisha Vagi and Sherry Zhang of year 11 Hospitality who participated in an inter school cooking competition with 11 other southern Sydney schools on Wednesday 11th June. Kisha and Sherry plated up two amazing dishes of Roast Lamb Rump with Ratatouille, Olive Tapenade and Infused Basil Oil within a very tough timeframe of 1.5 hours. The competition was very intense and the girls were up against some outstanding hospitality students from other public and private schools. Kisha and Sherry handled the completion with skill and expertise and made their class and teacher, Mrs Pooley very proud.

Mrs Pooley—TAS Teacher



PDHPE

The Athletics Carnival was held on Monday 16th June 2014 at Hensley Park Pagewood. It was a great success and these photos demonstrate a few of the day's highlights.





HSIE**HSIE Report**

Another busy term is behind us, and all are looking forward to the mid-winter break. Half yearly assessments are done and reports are being prepared. For the students who did very well in their reports this semester, congratulations, and keep up the good work. Those students who did not do so well, just remember: it is only the halfway mark. Take on board the advice of your teachers in your reports and come back in Term 3 ready to do better next time.

Lots of exciting things have been happening in the HSIE faculty this semester. Year 9 History have started on the new national Curriculum, with Year 7 due to start their new History program after the holidays.

Year 10 took part in their mandatory Geography fieldwork, going to Homebush Bay to study the very topical environmental issue of land and water management. Accompanied by Mrs Pliopis, Mrs Davidson, Mr Sadowskyj, Mr Esposito, Ms Schultz and Ms Abelas, the students learnt environmental testing and GIS mapping techniques in this beautiful urban wetland. They brought back information which they used to write their recommendations concerning the future of the wetlands in their first assessment task.



The Year 9 enrichment and selective classes took part in the Australian Geography Competition, facing stiff opposition from all over the country. Some excellent results were obtained. I would like to thank Mrs Davidson for making this possible with her seamless organisation of the event.

Below is a list of our best performing students and their results: well done.

RESULTS						
		HD	=	High Distinction	(4 students)	
		D	=	Distinction	(15 students)	
		C	=	Credit	(17 students)	
Zachariah	Abdul-Hadi	D		David	Li	C
Shakib	Ahmed	C		Casey	Lin	C
Renai	Aktipis	D		Pameala	Lu	C
David	Braverman	D		Lilian	Macpherson	HD
Kerry	Chen	C		Jordan	Mock	D
Tim	Chen	C		Oliver	Myson-Foehner	C
Yida	Chen	D		Nick	Orchison	C
Clio	Davidson-Lynch	D		Fenella	Palanca	HD
Linus	Ferris	C		Timothy	Rawson	D
Jordan	Geng	D		Vijaya	Sainju	C
Tallulah	Gleisner-Friedsam	C		Anthony	Thai	C
Bryan	Hugh	C		Sandra	Thomson	D
Noor	Ijaz	C		James	Vu	D
Katherine	Jiang	C		Roderick	Xing	C
Furkan	Kilic	D		Wylie	Yang	HD
Tam	Lam	HD		Nathan	Zeritis	D
Michael	Lansdowne	D		Henry	Zhan	D
Lynh	Le	D		Jessica	Zhang	C

Coming up in Term 3 is the NSW Geography Competition, in which all of Year 10 will take part. Again, we are hoping for some fantastic results from our talented Geography students.

In Term 2, HSIE teachers continued to hone their skills by taking part in external professional development. Those attending various events included Mr Doherty, Ms Siddiqua and Mrs Plioplis.

Finally, I would like to wish Year 12 all the best in their Trial HSC exams coming up in Weeks 3 and 4 of next term. The students must remember that this does not signal the end of their courses, as there is much work yet to be done between now and October.

They must make the most of the coming holidays to study and relax in equal measure, and come back refreshed to face the final term of their school career.

Mrs Plioplis - Head Teacher HSIE