



TEMPE HIGH SCHOOL

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Newsletter 5

Term 3 Week 6

August / September
2015

From the Principal

We have enjoyed a productive commencement to Semester 2. Throughout the school I have witnessed students learning and dedication from staff as we continue to engage the strategic directions of our School Plan 2015 – 2018.

Year 12 have completed their Trial HSC and will be receiving feedback from their teachers over the next week. I have stressed to them the importance of this post-trial period and the need to work collaboratively, to reinforce and embed their learning. Students of HSC Drama, Music, Extension English, Music and Visual Arts all have their HSC practicals and projects due in the next few weeks and we wish them well. I am looking forward to some excellent results from this particular year group.

LED lighting in classrooms and an additional 180 Solar Panels have been installed at our school which will significantly reduce our carbon footprint and electricity bills. Some rooms will need rectification as the new lights have left some dark spots, but we have lighting engineers working through these issues.

We were lucky enough to have a cultural exchange program with 20 students from Logos College in Hong Kong spending a week in our year 7-9 mainstream classes. The students were delighted with our school and have hopefully made some lasting international friendships

I have included the calendar for the next 5 weeks of term 3 in this newsletter. Our website will have updates to this calendar.















Mr S Dassaklis—Principal



Calendar
August—September
2015

Aug 17 11 PDHPE First Aid assessment week Yr 11 Food Tech Task 3 research due this week Yr 11 Engineering Studies Task 4 due this week - report Yr 11 Industrial Technology Task 4 due this week, folio DRAMA HSC projects completion and hand -in U15 Girls Basketball KO	Aug 18 HSC EXPO WEEK - YR 12 block out for all other faculties HSC Drama Practical Workshop 20 8:45am - 3:08pm	Aug 19 Year 10 Commerce Assessment Task 3 Bruce Feng Yr 11 Work Placement Hospitality A White R Pooley Year 8 Common Test Year 7 Common test CAPA HSC Expo 5pm - 7pm	Aug 20 Year 10 Commerce Assessment Task 3 Year 11 English Advanced and Standard Task Year 9 science fair selected students periods 3, 4, 5 and 6 Year 10 science careers talk period 3 and 4 NASCA Skyzone excursion	Aug 21 DRAMA HSC PERFORMANCE EXAMS Yr 12 Reports to HT Write a book in a day - W Taoube students from 7-12 Year 11 Business Studies Assessment Task 3 K Jennings Ind Tech Multimedia HSC Projects Marked.
Aug 24 Year 11 Assessments due this week VISUAL ARTS HSC BODIES OF WORK Completion & Hand -in	Aug 25 FACULTY MEETING Grand Finals Yr 7 & 8 Sport Year 10 Geography fieldwork - 10P, 10G 08:20am - 3:08pm	Aug 26 Yr 11 Drama Task 4 Solo performance + analysis due Year 10 Road Safety Day Year 10 Geography fieldwork - 10A, 10R 08:20am - 3:08pm	Aug 27 Year 10 Road Safety Day Year 10 Geography fieldwork - 10Y, 10V 08:20am - 3:08pm	Aug 28 AIME Yr 9 & 10 Wear it purple day.

Continued page3

Aug 31 MUSIC PERFORMANCE EXAMS this week Year 8 Film Review Assessment Task Due Yr 11 Ancient History Task 3 Research & Oral Presentation in class Yr 11 Music 2 Task 4 public performance due this week MUSIC SUBMITTED WORKS Completion & Hand-in Year 9 Elective History oral task 	Sep 1 Year 8 Film Review Assessment Task Due Year 10 in class Science assessment task	Sep 2 Year 8 Film Review Assessment Task Due Year 7 Gala Day Tempe Host Basketball Boys Battle for Australia  09am - 1pm	Sep 3 Year 8 Film Review Assessment Task Due CHS Athletics Mental Health public Speaking Challenge  Year 9 Elective History oral task  P & C Spring Fest & Multicultural Day  3pm - 6pm	Sep 4 Year 8 Film Review Assessment Task Due CHS Athletics Year 9 Elective History oral task 
Sep 7 YR 11 YEARLY ASSESSMENT OUT OF CLASS Year 10 English Assessment Due this week Year 10 English Assessment Due this week Yr 11 Examinations to be timetabled as per Assessment Schedule 	Sep 8 YR 11 YEARLY ASSESSMENT OUT OF CLASS All Year 10 English In class exam essay P & C meeting 7pm - 8pm	Sep 9 YR 11 YEARLY ASSESSMENT OUT OF CLASS	Sep 10 YR 11 YEARLY ASSESSMENT OUT OF CLASS South Care's Framing the Health Project 	Sep 11 YR 11 YEARLY ASSESSMENT OUT OF CLASS AIME Yr 12 
Sep 14 YR 11 YEARLY ASSESSMENT OUT OF CLASS Year 7 and 9 English Assess/t Due this week Yr 11 Biology Task 3 due this week, practical exam. Year 10 Elective History Task Topic 2 	Sep 15 YR 11 YEARLY ASSESSMENT OUT OF CLASS No Grade sport Year 10 Elective History Task Topic 2 	Sep 16 YR 11 YEARLY ASSESSMENT OUT OF CLASS Year 10 Elective History Task Topic 2  Yr 11 Adv Eng Opera House	Sep 17 Year 9 English Assessment Due this week YR 12 Graduation  9G Wolli Creek Water testing period 1 and 2 Year 9 ENGLISH Assessment task	Sep 18 Year 9 English Assessment Due this week Super Happy Fun Day SRC A White 

ENGLISH**ENGLISH STUDENTS SHINE IN THE PREVIEW TO THE GREAT AUSTRALIAN SPELLING BEE**

In Term 2 Tempe was invited by the producers of Channel Ten's *The Great Australian Spelling Bee* to test out the spelling words and games that would eventually be used in the actual show. Over two days, students from Years 7-9 and one eager Year 12 student participated in fun and educational games at Fox Studios that saw them compete independently and as a team.

Additionally, the students were provided with invaluable knowledge about the process of developing and producing a television show. Students saw the degree of planning, editing and collaboration that went into creating a product. We were not allowed to discuss too much of the show so it also taught the students how to 'keep a secret' which is a hard task for some teenagers.

The Channel Ten team enjoyed working with the students whose humour, competitive spirit and team work ethic were clearly on display.

**ENGLISH STUDENTS EXCEL AT ENVIRONMENT DAY 2015**

We were honoured to be accepted as special guests at the Sutherland Shire World Environment Day held at Sylvania High School this year.

Fenella, Sidney, Rosie and Clio eagerly accepted the invitation to participate in this event which saw groups of students from the Shire and Tempe compete in public speaking and drama events to persuade a select group of judges that we need to do more to conserve the environment.

Whilst we were not permitted to compete in the planned speech section, we were able to participate in the impromptu section. Fenella and Sidney both presented convincing speeches that provoked interest and admiration; their ability to produce logical and supported arguments in such a short amount of time was acknowledged. Well done to Fenella who managed to secure second place in this event.

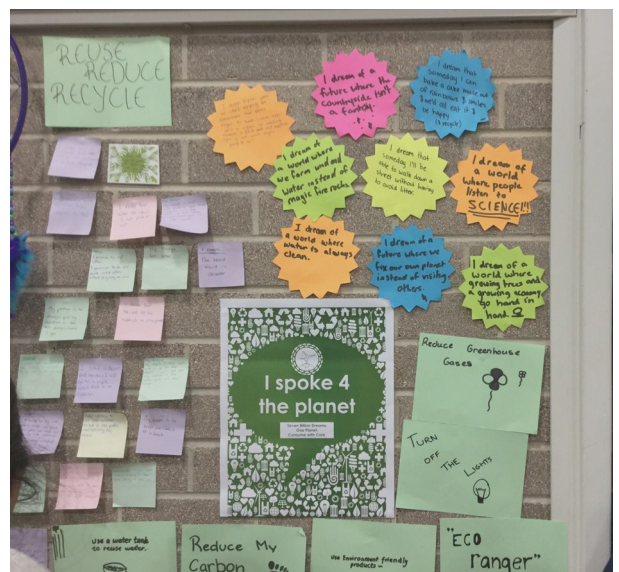


ENGLISH (continued)

The four girls also participated in an improvised drama performance aimed at drawing out the importance of global conservation efforts. Their performance was humorous, intelligent and well-received by the audience.

I was very impressed with the calibre of the students and their committed attitude to this event.

Ms W Taoube—Head Teacher English



PE

Did you know there is a correlation between vigorous daily activity and academic achievement?

There is growing evidence from the *Active Living Research group* to suggest that learning outcomes are linked to physical activity levels. The *Australian Physical Activity Guidelines* recommend at least 60 mins of moderate to vigorous activity per day. Currently in Australia less than 20% of adolescents participate in the recommended amounts of activity each day. Aside from the health benefits, regular participation in physical activity and high levels of physical fitness have been linked to improved academic performance and brain functions such as attention and memory.

What are we doing about it at Tempe High School?

Using this research, the Personal Development, Health and Physical Education faculty have devised and implemented a Sports Skills Mastery Program for Stage 4 (Years 7 and 8). In the fifty-five minute lessons each student will; run, kick, hit, catch, throw and jump more strenuously and regularly. Students explore a variety of skills relevant to many diverse sports that are then applied to small modified games which ensure more students participate. In other words, in Tempe HS Physical Education lessons, more students practise more skills, more often.

The Spin-Off effect

When students touch the ball, kick the ball or hit the ball more regularly in a game they get better at it and develop more confidence when being physically active. This is the key element to meeting the Department of Education's goal of developing a lifelong love of physical activity in young people. Tempe High School nurtures this by facilitating the development of Young Sports Leaders as part of the Premier's Sporting Challenge where students develop their ability as coaches and lead their peers as well as younger students in a variety of sports. Senior students have successfully followed pathways to employment in sport as a direct consequence of their involvement in the program.

What can you do about it at home?

The Tempe High School community has a strong ethos of student achievement and it is important that you are aware of the necessary factors that influence student achievement such as participating in regular moderate to vigorous activity. Armed with a little more information about what your child does at Tempe High School to achieve this, we encourage you to ask them about their activity levels and promote the practicing of sports mastery skills such as kicking, hitting, throwing and catching after school and on the weekends. Remember the more they love being active, the more active they will be and the greater learning outcomes they will achieve.

Mr Jed Hartley—Acting HT PDHPE





Tell Them From Me student survey:

The *Tell Them From Me* survey

You might remember in Term 1 we surveyed the entire student population via an online set of questions about experiences at Tempe High School. From that survey we were able to report back to parents and caregivers just what students were thinking, achieving and what they thought about their performance in subjects across the school. It also helped us formulate our School Plan 2015-2017.

In Term 3, the teachers will have their turn to complete the *Tell Them From Me* survey. Results from the survey will inform our 2016-17 planning and provide feedback required to recognise 2015 School Plan milestones.

Parents are invited to contribute to school planning by giving feedback via the *Tell Them From Me* survey. We will have an opportunity for you to do so on Thursday 3rd September, the same day as the Spring Event. *Tell Them From Me* is an online survey and we will set up the ILC (computer lab next to the school hall) to facilitate participation. Individuals will be given a unique code and password to enter the survey and from experience, it should only take 15 mins from start to finish. We will start at 3:30 pm so no matter what time you drop in, we'd love to hear from you. Another opportunity to participate will be at the P & C meeting, on Tuesday, 8th September from 7 pm.

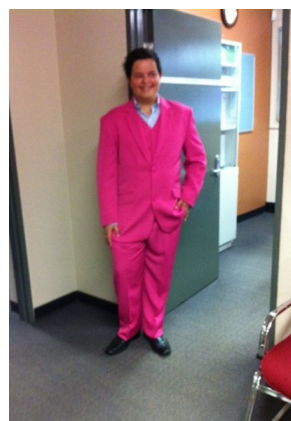
Dr Lynda Pinnington-Wilson—Deputy Principal



Year 9G ready to start studying World War 1!



Mr Shaw's Year 11 Engineering class



Ham of Year 7Y putting the pink into Pink Stump Day!

Message from the Careers Advisor

A reminder to all Year 12 students—now that the trial exams have finished you should make an appointment with me to discuss your 2016 options.

For students considering University entry 2016—**UAC** guides can be collected from my office. Please note the on-time applications are fast approaching.

Information regarding the **Educational Access Scheme (EAS)** can be obtained from my office. You should be collecting your documentation to assist with this application.

Please check UAC online for more information:

www.uac.edu.au



Mr S Fawcett—Careers Advisor
shane.fawcett@det.nsw.edu.au

STUDY SKILLS NEWSLETTER TIP FOR AUGUST**Students and Sleep****How much sleep do I need?**

- Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, teenagers need more like 9 hours and 15 minutes sleep per night.
- Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.
- Getting a good sleep is important for your mind and body. Sleep lets your body rest and repair, it helps maintain a healthy immune system and sleep is needed so your body has the energy it needs during the day for activity and concentration. Sleeping well helps you to stay mentally healthy too.
- Signs that perhaps you aren't getting enough sleep or enough good quality sleep include irregular sleep patterns, feeling tired and drowsy during the day, falling asleep at school or in the afternoon, trouble falling asleep or staying asleep, loud snoring, sleepwalking or night terrors and difficulties with concentration and memory.

Top Tips for getting to sleep / sleep routine / falling asleep

- Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it's time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
- Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
- Avoid technology in the hour before bed, including TV, computers and phones.
- Exercise during the day so that your body is ready for rest at night.
- Don't eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.
- Limit your caffeine during the day and don't drink any caffeine in the afternoon or evening.
- Don't have too much liquid in the evening....and if you are drinking, consider a herbal tea like chamomile.
- Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
- Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.

Staying Asleep

- Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.
- Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent "white noise" can be helpful. Earplugs may also work for some people.
- A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides the right amount of support for your neck.
- Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help.
- Make sure you go to the toilet just before you get into bed.

Good quality sleep

- Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.
- Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours in your room.
- Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door. This may mean putting your bed on an angle.

Feeling refreshed after sleep

- First thing in the morning, drink a glass of water to help you wake up and rehydrate.
- Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.
- Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.

Where to go for help or more information

- If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason.

You can learn more about how to optimise your performance as a student at www.studyskillshandbook.com.au

Username: tempehs

Password: 61success





COME PLAY or TRY

Australia's favourite sport

Register NOW for Summer!

You can start HERE or HERE

BOYS TEAMS

for 10 -16 year olds

U12, U14 & U16
8.30am-12.30pm
Saturdays

- Comp starts mid-Sept
- Register by 14 Aug



GIRLS TEAMS

for 10 -16 year olds

U13 & U17
Saturday arvo T20
format

- Oct-Dec 2015
- Feb-Mar 2016



**THUNDER GIRLS
CRICKET LEAGUE**

MCC develops girls and boys - whatever their age or skill.

INFO & REGO: www.marrickville.nsw.cricket.com.au

Register by August 10 for the early bird discount. Inquiries call Antony 0458 458 078

Marrickville Cricket Club also caters to younger girls and boys with MILO in2CRICKET, T20 Blast and U9 & U10 club teams,

MILO in2CRICKET

for 4-8 year old
girls & boys

8.30-10am, Saturdays
Gough Whitlam Reserve
Starts 10 Oct



T20 BLAST

for 7-12 year olds

Girls ONLY
5.30-7pm Fridays @ Petersham Oval
Oct-Dec 2015

Boys & Girls
5.30-7pm Fridays @ Mackey Park
Feb-Mar 2016



TEMPE HS P&C PRESENTS

SPRING FEST 2015

**A celebration of the talents of
★ Tempe High School ★**

Music, Drama, Art & TAS exhibition,
Chess comp, Ping Pong comp,
Silent Film comp, PRIZES,
English extravaganza,
Science displays & much more
Ice Cream, Coffee/Hot Chocolate
P&C Raffle & BBQ

Thursday 3rd September 3 - 7pm

Grand finally concert 6 - 7pm